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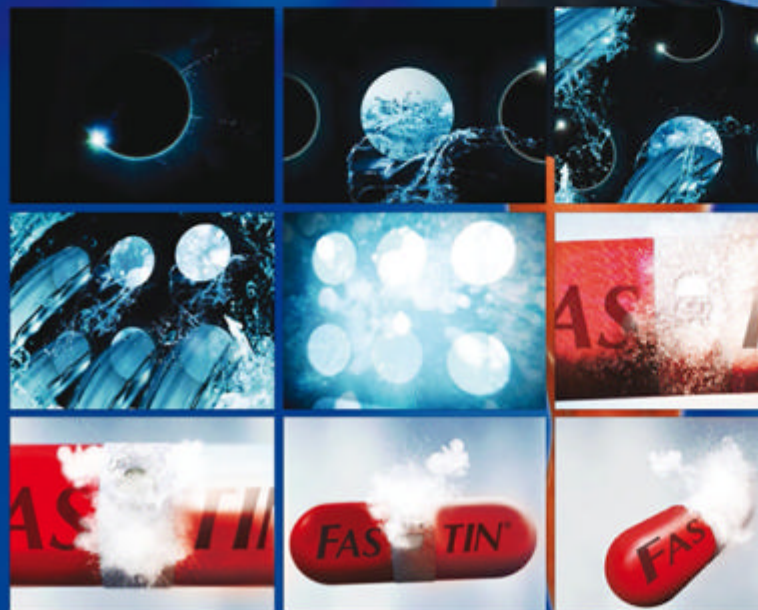
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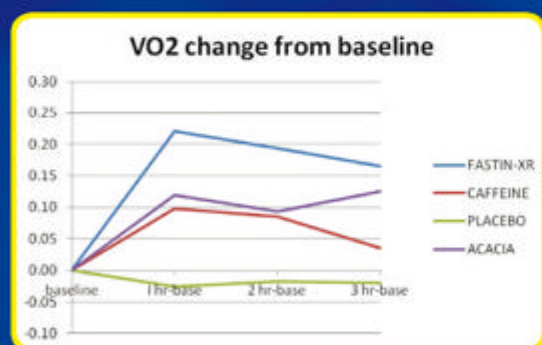
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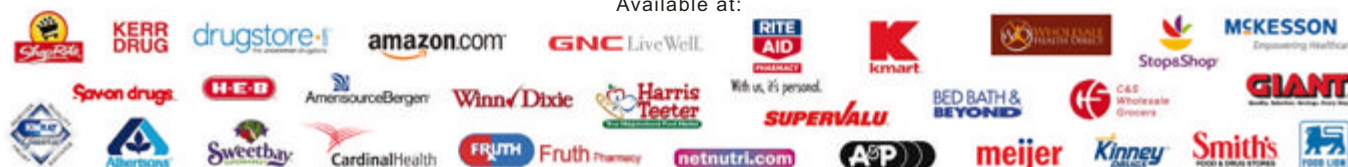


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may



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success story

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2015

may



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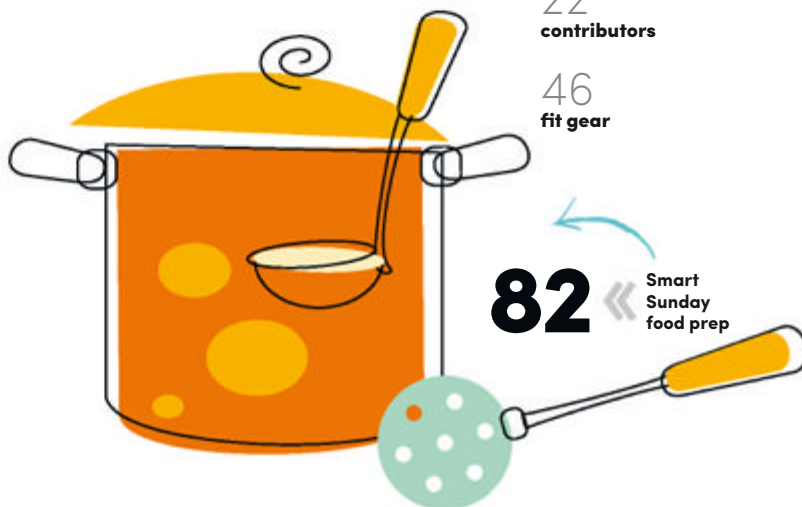
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you online!

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health and fitness, plus we post new workouts,
exercises and recipes every day! Here's a small
taste of what we have in cyberspace in May.

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on Instagram or Tweet us using the
hashtag #oxygenexhale and your photo could
be featured in an upcoming issue of Oxygen!

cover girl confidential: Alicia Marie

Alicia Marie is not a girl of few
words — lucky for her fans but
unfortunate for our editors! We
have more of her interview
online! In it, she dishes on
competing, "cosplay" and
shooting with Oxygen.

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trending online

➔ **On Facebook:** We asked: Cardio or weights
first? Thousands of you responded and over-
whelmingly agreed that doing weights first
is best. Marisa Moore said, "Weights first to
rid my body of any glycogen ... then cardio
after to make it an effective fat burn." And
Allie McCullough said, "Weights first for sure! I
need to get my body pumping first for optimal
results." Follow us on Facebook and be a part of
the conversation. We want to hear from you!

➔ **On Instagram:** Try one of our healthy and
delicious recipes and post a photo using the
hashtag #oxygenrecipe! We can't wait to see
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Running and I have a love-hate relationship, but I do enjoy jogging around the lake near my home.

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I love running and try to go out at least every other day for a good 3 to 4 miles.

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in the moment



A scenic landscape featuring a winding asphalt road in the foreground, leading towards a range of rugged mountains. The sky is filled with soft, golden clouds, suggesting a sunset or sunrise. The overall tone is warm and inspiring.

“I succeed
on my own
personal
motivation,
dedication and
commitment.
My mindset is:
If I’m not out
there training,
someone
else is.”

— LYNN JENNINGS

Inch by inch ... a cinch!

➔ Exercise physiologist and Oxygen advisory board member Len Kravitz, Ph.D., uses an expression I'd like to share about the importance of setting small fitness goals. To me, it's a keeper: "Inch by inch it's a cinch; yard by yard it's much too hard!"

The message is one that resonates with me personally because (OK, I admit it) I'm an all-in type of person who never likes to do anything with half measures. For example, I recall in an attempt to quell my anxiety about an imminent flight, I tackled the gym full-on and slammed my triceps so hard I found it difficult to shampoo my hair five days afterward. Ouch!

The point is, I believe Len is totally on the mark about taking small steps when it comes to improving your fitness, and I'm hoping what you find in this month's Oxygen provides just the right kinds of steps to get you nearer to your goals. From an intriguing method for carving a great pair of calves (can you say "diamond shaped calves"?), to an intense medicine-ball workout for busting fatty tissue, from making 23 meals using only five basic ingredients to the ideal way for setting up a clean kitchen to simplify and maximize your nutrition efforts — Oxygen magazine brings you a ton of practical, friendly advice to make your time in the gym or at home worthwhile and accessible.

What's more, our many articles don't end with the magazine you hold in your hands. A number of them offer additional recommendations and suggestions online: If you want more after you've tested the assorted plank variations for building a solid core in the magazine, you can turn to our website for key do's and don'ts about perfecting your plank form. Also, after reading our popular success stories in the current issue, you can find more inspirational stories on the website. Our online offerings are truly rich with advice to deliver results incrementally, just like the magazine version. For more, just go to oxygenmag.com.

Remember: Inch by inch, Oxygen will help you reach your goals.

Stay in touch,



DIANE HART
EDITOR-IN-CHIEF
[@dianeoxymag](https://twitter.com/dianeoxymag)

P.S. You've probably noticed a new section we've added to Oxygen, Oxy Voices. We know we have something special here at Oxygen, and it's the many voices that make up our community that truly set us apart from others in our category. So we've made it easy for you to hear these voices in one complete package starting on Page 89. Stay tuned for more next month!



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A woman with long dark hair, wearing a blue sports top, is holding a large, dark grey weight plate with both hands. She is looking directly at the camera with a determined expression. The background is a gym setting with metal racks and equipment. The lighting is dramatic, with strong highlights and shadows.

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Shout out!

Oxygen readers never hold back.
Here's what you told us this month.



» Oxygen speaks to me!

I love your magazine because of the exercises and the detail you provide about them. There isn't another magazine that speaks to me like *Oxygen*, and I just want to say that I hope you continue to give us workouts and recipes that don't take me hours to make. Thanks!

— SHANNON, VIA EMAIL

Butt ... what?!

In your January issue in Fitness News, there is a short article called "Toned Telomeres" where you suggest "get up off your tuckus." You may think it's a cute word for bottom/behind, but it's actually a more vulgar word (brace yourself) that means ass. Somehow, I don't think such a crass term is part of the image *Oxygen* portrays.

— SARA, VIA EMAIL

EDITOR'S NOTE:
WELL NO MATTER WHAT YOU CALL OUR GREATEST ASSET (UGH!), YOU'VE GOT GREAT TIMING, SARA! WE'RE ALL OVER THE BOOTY AT THIS TIME OF YEAR AND, IN FACT, WE'VE CREATED AN ENTIRE COLLECTOR'S ISSUE DEVOTED TO IT WITH TONS OF WORKOUTS AND MEAL PLANS ON SALE NOW!

Muffin (is) tops!

I lost more than 50 pounds five years ago and have kept it off. I have learned so much about healthy eating and fitness that I now enjoy sharing it with others. I think all the tips about fitness commitment in March's Raise the Bar are right on the mark because every day is a new challenge. Give writer Allison Young a big hug for the most wonderful muffin recipe in March's Smart Snacking! I will have fun playing with it with different fruits and nuts. Keep up the good work!

— DANIELLE, VIA EMAIL

"I've dropped 6 sizes!"

I have been getting *Oxygen* for about five years, and during that time, I have gone from a size 14 to a size 2 and have remained at that size for almost a year and a half. I am a mom and in the best shape of my life. I did this

on my own with only your magazine to guide me (no personal trainers or nutritional coaches). With *Oxygen*'s help, I have learned to lift properly and eat clean. Amazing!

— LAURA, VIA EMAIL

Shift-work challenge

First, let me say I love your magazine and the workouts you provide! But because I don't have the usual 9-to-5 work schedule, staying fit can be a challenge. As a medical provider, I work physically and emotionally demanding 13-hour shifts two to three days a week and then eight-hour shifts two days a week. On my 13-hour shifts, I am either too tired to get up early or too tired when I get off work. I try to do what I can, but I'd love to see a workout for shift workers. Thanks!

— JANICE, VIA EMAIL

you told us

OXYGEN WOMEN SHOW US THEIR FAVORITE YOGA POSES



NICOLE KAUFMANN
Chicago
Age: 28



AUBREY WOREK DESTEPHEN
Pittsburgh
Age: 35



LINDSEY LILES
Austin, Texas
Age: 28

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[contributors]



Beth Saltz, MPH, RD

» Beth Saltz, the author of "More Bang for Your Buck" on Page 74, is a registered dietitian who specializes in weight management for children and adults. She also has a master's degree in public health and is an accomplished cook who graduated from a professional culinary school. She believes in a real-world approach to nutrition as opposed to a one-size-fits-all program. "The scale can be helpful if you view it as a reflection of your calorie balance and use it to address small gains," she says. "It's not helpful when it ruins your day or makes you feel like you are a failure." When it comes to healthy eating, Saltz has a simple philosophy. "My No. 1 rule for picking a good food is the number of ingredients," she states. "All fruits and vegetables have one ingredient — those are the best!" For this writing assignment, she was given the task of finding healthy packaged snacks. "I enjoyed the challenge of finding tasty, nutritious foods with short ingredient lists," she says. Saltz lives in Los Angeles with her husband and two daughters and writes about food on her website, NutritionintheKitchen.org.

» Our model for "Score a Three-Minute Core" on Page 86, Rachelle Dejean, started in sports as a college volleyball player. She holds a NCAA Division 1 volleyball record for career digs at Bradley University in Peoria, Illinois, where she earned a degree in advertising. She graduated in May 2012 and did her first bikini contest a week later, then earned her pro card just four months after that. She's now an IFBB pro with sponsorships from Bodybuilding.com, Pro Tan and Fitmark. Plus, she works full time as a marketing coordinator for an engineering firm in Pasadena, California. The moves she demonstrates in the article are no joke, she says. "I remember saying at the shoot to Robert Reiff, 'This is a lot harder than it looks!'" She recommends switching things up to find new ways to test your strength. "The core is literally the root of our body's functions, so make sure you train it in new ways and keep it fresh," she says. "Exercise balls are great for this because you can use them in the comfort of your own home."



Rachelle Dejean



Shannon Clark

» Writer and fitness enthusiast Shannon Clark is getting her first byline in *Oxygen* this month with "The Power of 10" on Page 76. The Canada native started writing about fitness for Bodybuilding.com while she was earning a bachelor's degree in physical education from the University of Alberta in Edmonton, Canada. She doesn't just write about fitness; she's a certified personal trainer who works with clients and enjoys following her own traditional strength-training program as well as practicing yoga. Plus, she's currently learning ballroom dancing, a skill that will come in handy at her wedding, which is planned for later this year. For "The Power of 10," she created a challenging calf workout that uses the training concept known as German volume training, or GVT. "I found the principle of German volume training interesting because it employs a technique where you aren't lifting a very heavy weight in the lower rep range like many other muscle-building approaches," she explains. You can see more examples of Clark's writing at her website, ShannonClarkFitness.com.

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BREATHE EASY

Approximately 40 million people suffer from seasonal allergies, according to the Asthma and Allergy Foundation of America, and spring is one of the worst times of year for that unfortunate 40 million. But with warmer weather comes the urge to get outside and play. What's a girl to do?

Answer: Exercise.

When you have an allergy attack, the blood vessels in your nose and sinuses swell up, blocking airways and making it difficult to breathe. When you work out, your body redirects that blood flow to other parts of your body that need it more, such as your heart, lungs and muscles. In addition, your adrenaline response to exercise helps dampen your allergic response to pollen, which translates into temporary relief from stuffiness.

If you have severe allergies, exercise indoors when pollen counts are high, and change clothes and shower immediately after exercising outdoors to wash off any hitchhiking spores. Pollen counts are highest midday, so exercise outside in the morning or evening to make the most of the nice weather.

— Lara McGlashan





Squat variations

- » Split squat
- » Smith-machine squat
- » One-legged squat
- » Sissy squat
- » Sumo squat
- » Front squat
- » Back squat
- » Goblet squat
- » Dumbbell squat
- » Wall squat
- » Pistol squat

Oxygen breaks it down:

bottoms up!

Love 'em or hate 'em, few exercises do a body more good than squats. This high-octane compound movement hits your quads, glutes, hamstrings, calves, core and back all in one shot. Here's what you need to know to make your squats effective, safe and challenging:

- » Stand with your feet hip-width apart with your toes angled outward 5 to 15 degrees. This helps the knees stay over the toes and prevents your legs from moving inward, which could put your knees at risk.
- » Your weight should be in your heels. Test it out: You should be able to wiggle your toes at both the top and the bottom of the motion.
- » Keep your back straight, your shoulders drawn back and your head neutral. Maintain this position throughout the move to protect your spine.
- » Inhale before you start and briefly hold your breath as you descend. This increases intra-abdominal pressure to help stabilize your body and protect your spine.
- » Send your hips backward first, then follow by bending your knees. This helps concentrate the weight in your heels so you

don't tip forward and lose your balance.

- » Descend slowly, using perfect form and control, until the crease of your hip drops below your knees or — if you have the flexibility — until you bottom out.*
- » Exhale and explode out of the bottom, driving through your heels to return to standing.

*Should you break parallel? The research says yes. Duke University conducted a study that analyzed more than 20 years of research on squats and knee health and concluded that squats do not compromise knee stability and can actually enhance it when done correctly. In addition, stopping above parallel actually produces higher shearing forces on your knees than when descending all the way down into a deep squat. The reason: When below parallel, the hamstrings counteract the force of the quads on the front, stabilizing the knees and taking the stress off the ACLs, according to the *American Journal of Sports Medicine*. If you have trouble dropping low, try taking a slightly wider stance to open your hips, and do hip-centric flexibility work post-training to increase your range of motion.



Where you place the weight can change the emphasis: Holding a barbell on your back shifts the emphasis to your hamstrings and glutes, while holding it in a front-rack position makes it a quad killer. Having dumbbells at your sides distributes the weight more evenly throughout your feet, hitting the total leg.



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Cardio for cognition

Did you ever feel more coherent post-cardio? It's not your imagination. Research from the Boston Medical Center found that adults with higher cardiorespiratory fitness — i.e., better heart and lung health — performed better on memory recall and cognitive tests. Experts theorize that increased blood flow to the brain as well as hyper-oxygenated blood may be responsible. Boost your brain power today with this 15-minute walking and lower-body circuit you can do anywhere, anytime.

Time

0:00–2:00
2:00–3:00
3:00–4:00
4:00–5:00
5:00–6:00
6:00–7:00
7:00–14:00
14:00–15:00

Activity

Walk briskly, 5.0
Increase walking pace, pumping your arms, 6.0
Stop walking and do squats, 6.0–7.0
Walk briskly, 6.0
Stop walking and do walking lunges, 7.0–8.0
Walk briskly, 6.0
Repeat minutes 2:00 through 7:00
Walk at an easy pace, 3.0

Tip: Make this move harder by flipping the kettlebell bottom side up to challenge your balance and grip strength.



PHOTO BY ROBERT REIFF

You asked, we answer: abs

No bodypart gets more online queries than the abdominals. Here are two of the most recent questions and our succinct answers:

▶ **Question:** Can I train my upper and lower abs separately? — Jojo, Detroit

No. The rectus abdominis is one continuous muscle, and while you may feel it burning in different sections depending on the move you're doing, it all works as one unit. Certain fibers will shorten more than others, depending on the angle of your hips, where your legs or arms are in relation to your torso, and the angle of your body with relation to the ground, so use a variety of exercises to properly target your entire abdominal region equally.

▶ **Question:** I hate training abs. Do I have to work them specifically? — Crystal, Cromwell, Connecticut
Not necessarily. If you're doing a lot of compound movements such as overhead squats, planks or deadlifts, or if you're doing intense workouts such as CrossFit or P90X, then you might not need additional abdominal training. If you want to specifically bring up your six-pack or your obliques, add in some targeted work a few days per week to encourage that development.

MOVE OF THE MONTH: WAITER'S WALK

Work your core while strengthening and stabilizing your shoulder, traps and rotator cuff with this unique move. Do three to four sets as part of a warm-up, or as a finisher for a shoulder or core session.

Setup: Hold a kettlebell in one hand and extend your arm straight up so your wrist and elbow are stacked over your shoulder, perpendicular to the floor. Now press your hand up toward the ceiling, rotating your shoulder blade upward to create more stability. Extend your other arm along your side.

Move: Walk 20 paces in one direction, keeping your arm straight, then turn around, switch arms and walk back.

3.2

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THE FINAL STEP

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Do you struggle with shedding those last few pounds to accentuate your perfectly lean physique? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and definition. The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean and toned body.

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➔ **Feeling exhausted all the time? Losing your appetite often?**

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Top magnesium food sources

Almonds (1 ounce) 80 mg • Spinach, cooked (½ cup) 78 mg • Cashews (1 ounce) 74 mg • Peanuts (1 ounce) 63 mg • Cereal, shredded wheat (2 large biscuits) 61 mg • Soy milk, plain or vanilla (1 cup) 61 mg • Black beans, cooked (½ cup) 60 mg • Edamame, cooked (½ cup) 50 mg • Peanut butter, smooth (2 tablespoons) 49 mg • Bread, whole wheat (2 slices) 46 mg • Avocado, cubed (1 cup) 44 mg • Potato, baked with skin (3.5 ounces) 43 mg • Rice, brown, cooked (½ cup) 42 mg • Yogurt, plain, low-fat (8 ounces) 42 mg

**FOOD
OF THE
MONTH**

Morel mushrooms

➔ These elusive mushrooms peek their heads from the ground for a few fleeting weeks in May. Though they’re often sold at stores and food stands, hunting for morels is considered a sport by those who love them for their “meaty” texture and distinctive honeycomb caps. One of the few food sources of vitamin D, morel mushrooms are also a great source of iron.

Look for — morels that smell fresh and earthy. Avoid those with soft spots, bruising or slime.

To store — refrigerate unwashed mushrooms in a paper bag or wax paper up to three days. Before cooking, wipe mushrooms with a damp cloth to remove dirt.



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Banana almond chocolate chip bars

➔ Satisfy your hunger, energy and nutritional needs with these delicious, moist and healthy bars containing high-quality proteins, carbs and fats, as well as blood-sugar-balancing ingredients. They also make a fantastic dessert!

Wet ingredients

- 2 bananas, mashed
- ½ cup almond butter (or nut butter of choice)
- ½ cup raw coconut nectar (or liquid sweetener of choice)
- 2 teaspoons vanilla extract

Dry ingredients

- 1½ cups oat flour
- 1 cup oats, whole
- 1 cup buckwheat flour
- ½ cup soaked and dehydrated raw buckwheat groats, or kasha (Kasha is toasted buckwheat.)
- ¾ cup chocolate or carob chips
- ½ cup hemp seed
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt

1. Put the wet ingredients in a blender and blend until well-combined and creamy. Alternately put the wet ingredients in a bowl and whisk rapidly to combine until creamy.

2. In a medium to large mixing bowl, put the dry ingredients in and mix together well with a spoon.

3. Pour the wet ingredients into the bowl of dry ingredients and mix

together with a spatula or your hands to combine together thoroughly. Using gloves can help mix with hands.

4. Line a glass pan or cookie sheet (9-by-9, 7-by-11 inch, etc., all work great) with parchment paper, having paper come out of two of the ends so the bars can be lifted out of the pan. Using your hands, press the mixture into place. Use a rubber spatula to smooth out and ensure entire pan has an even surface.

5. Place pan in refrigerator for a minimum of one hour. This allows the bars an opportunity to firm up and hold their shape while cutting. Recommended shapes when cutting are rectangles, squares or energy nuggets.

Storage suggestion: Store in an airtight container. Bars will keep for one month in the refrigerator and three months in the freezer.

Nutrition facts (per serving, if cut into 16 bars): calories 270, total fat 9 g, carbs 42 g, fiber 6 g, protein 8 g

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Ingredients

SERVES 6

4 egg whites

1 cup granulated sugar

1 teaspoon corn flour

1 cup raspberries

½ cup strawberries

½ cup blackberries

½ cup blueberries

1 teaspoon vanilla extract

Preparation

1. Preheat the oven to 300°F (150°C) for 10 minutes.
2. Whisk the egg whites until they turn white, then add sugar and whisk until white and foamy.
3. Add the corn flour and vanilla, whisk for a few more minutes.
4. Spoon each meringue onto parchment paper in 15-20 cm (6-8 in) diameter circles.
5. Bake the meringues at 300°F (150°C) for 40 minutes.
6. Turn off oven, do not remove the meringues. Let them cool in the oven for 20 minutes, with the oven door left slightly open.
7. Top with fresh berries and serve.



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RECIPE MAKEOVER

Un-fried breaded morel mushrooms

Makes 4 servings

It's typical to see recipes for morel mushrooms that are fried or sauteed in a pan full of butter. For a lighter version that lets the flavor of the morels shine through, try baked morels coated in crushed whole-grain crackers.

- 8 ounces morel mushrooms • 1 egg
- ¼ cup milk • ¾ cup finely crushed whole-grain crackers • ½ teaspoon salt
- ½ teaspoon black pepper • 3 tablespoons olive oil

Preheat oven to 250 degrees. Soak morels in a large bowl of water for 30 minutes to release dirt and debris from crevices, swishing mushrooms gently. Cut morels in half lengthwise and pat dry with paper towels. In a shallow bowl, whisk together egg and milk. Place crushed crackers, salt and black pepper in a large zip-top bag. Dip morels into egg, shaking off excess. Place morels in bag, seal and shake gently until morels are coated in cracker mixture. Spread 1½ tablespoons oil in the bottom of a 8- or 9-inch-square baking dish. Shake excess coating off morels and spread in an even layer in baking dish. Drizzle remaining 1½ tablespoons oil over morels. Bake 10 to 15 minutes or until coating is lightly browned and crispy.

Nutrition facts per serving (½ cup each):

calories 149, total fat 11 g, saturated fat 1.5 g, carbs 9 g, dietary fiber 2 g, sugar 1 g, sodium 172 mg, protein 4 g

TEAM UP FOR SUCCESS!

What's the secret to making healthy eating a habit? Get your spouse or partner on board. If you have your spouse's support, you'll have a 50 percent success rate versus only 8 percent success when the spouse kept up the bad habit. The psychological study conducted at the University College London also discovered similar success rates when couples joined up to lose weight, exercise more and stop smoking.

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Kick it or pick it?

Can you spot the healthier choice in these common food comparisons? The answers may surprise you.

ENTREE

*Turkey Burger vs. Sirloin Burger

Better bet: Sirloin burger

Why: Turkey burgers — especially those sold at restaurants — are often made with dark turkey meat and skin, making them far from low-fat. A better choice would be a sirloin burger made from 90 percent or leaner ground beef that provides 20 grams of protein. Just be smart when it comes to toppers — cheese and sauces stack on the fat and sodium.

SNACK

*Pretzels vs. Almonds

Better bet: Almonds

Why: True, pretzels have gained popularity as a virtually fat-free snack, but almonds provide the protein, fiber and healthful fats that will keep you feeling fuller longer. Plus, salty, high-carb pretzels often leave you feeling more hungry and thirsty.

DESSERT

*½ Cup Ice Cream vs. 3 Scoops Sorbet

Better bet: ½ cup ice cream

Why: Beat a sweet craving by choosing a sensible amount of ice cream. Sorbets often contain twice the sugar as ice cream without any of the calcium and protein ice cream provides.

UP

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McDuh

➔ A recent study found that kids who ate fast food daily scored 20 percent lower on tests than kids who did not eat the food. Researchers theorize that the paucity of nutrients in the meal was responsible for the lower learning curve, and additional research has linked a high-sugar, high-fat diet with adverse effects on learning.

» **Try it today:** Make your own healthy burger with this nutrient-packed recipe adapted from *Fifty Shades of Kale* (HarperCollins, 2013):

1 pound grass-fed ground sirloin, 4 teaspoons barbecue or steak sauce, ¼ teaspoon sea salt, ½ cup crumbled blue cheese, 4 large kale leaves, 4 whole-grain burger buns

» Mix beef with barbecue or steak sauce and salt and make into four patties. Grill patties to desired temperature. Top with equal amounts of blue cheese and tent with aluminum foil to keep warm and melt cheese. Place kale on the grill for two to three minutes, turning often until soft and wilted. Grill bun halves for 30 seconds. Place kale on bun, top with burger and enjoy!

Nutrition facts (per serving): calories 347, protein 34 g, carbs 28 g, fat 12 g, saturated fat 6 g, fiber 4 g, sodium 642 mg*

*Note: To reduce your sodium profile, reduce salt, sauce or blue cheese.

Healthy skin sense

Drinking four cups of coffee daily could mean a 20 percent lower risk of developing melanoma, according to findings published in the *Journal of the National Cancer Institute*. Melanoma is the leading cause of skin cancer death in the U.S. and the fifth leading cause worldwide. Scientists theorize that the caffeine and antioxidants in coffee help protect skin cells against UV-B radiation. But this does not give you carte blanche to run about naked and unprotected (though it might be interesting to see how long it takes you to get arrested). Sunscreen with a minimum of SPF 30, a brimmed hat and long sleeves are still the best measures to protect against sun damage and cancer.



MAY THE ODDS BE EVER IN YOUR FAVOR

Are you an oddball? Many of us are. Check out some of these odd odds to calculate your chances of becoming a left-handed world-class skier who bowls a perfect game.

3 in 100 of being double-jointed

1 in 10 of being left-handed

1 in 3 of getting brain freeze from eating ice cream too quickly

3 in 10 of surviving being buried in an avalanche for 45 minutes

1 in 660,000 of winning an Olympic gold medal

1 in 12,000 of an average golfer making a hole-in-one

1 in 3,000 of a professional golfer making a hole-in-one

1 in 11,500 of bowling a perfect 300

3 in 10 of reaching the top of Mount Everest

SOURCE: 2015 FARMERS' ALMANAC



Number of years shaved from your life span because of complications with obesity (such as high blood pressure and diabetes), according to Canadian researchers.

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Perform at your peak

Log your best cardio or strength performance ever with these five no-sweat tricks. **By Karen Asp**

➔ Whether you're hoping to log a PR in your next 10K or want to excel in your weight-training program, you know you have to train hard. But if you want to work smarter, not harder, you also can try these five simple tricks to help you perform your best — no extra sweat required.

1) Crank the tunes early: Runners who listened to music for the first 1.5 kilometers of a 5K shaved about 30 seconds off their times, according to a study from the *International Journal of Sports Medicine*. Listening to music during the last 1.5K of the event made no difference. "Listening to music could draw athletes' focus away from internal sensations of

fatigue," says Adriano E. Lima-Silva, Ph.D., study co-author from the Federal University of Pernambuco in Brazil. This effect is probably strongest at the start of a race or workout; by the end, even the most motivational music may not be able to overpower those feelings of fatigue.

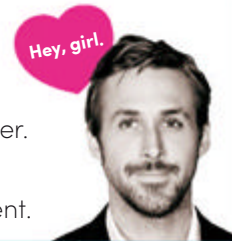
2) See red: When fourth- through 10th-graders and undergraduate college students saw red (via a number or word) before pinching and holding a metal clasp open or squeezing a handgrip with their dominant hand, their reactions were faster and more forceful than groups that saw blue or gray. Red is actually a danger cue, say researchers in a study from the journal *Emotion*, which is why physical reactions improved. They caution, though, that the effect is short-lived and may be best for activities in which you need a quick burst of speed and strength such as weightlifting.

3) Give nerves the fist: Right-handed athletes were less likely to choke under pressure when they squeezed a ball in their left hand before a big competition, according to a study from the *Journal of Experimental Psychology*. When they squeezed with their right hand, however, they choked. Squeezing with the left hand most likely activated parts of the brain's right side, which then led to an increased feeling of relaxation, says Juergen Beckmann, lead study author from the Technical University Munich in Germany. This technique works best for activities that rely on motor skills like soccer, karate and badminton versus performances based on strength or stamina.

4) Go bitter: If you want to push yourself harder, slugging a bitter drink before your workout or event could do the trick. A study from *Medicine & Science in Sports & Exercise* found that cyclists who drank a bitter solution, in this case a quinine solution, pushed themselves significantly harder before sprinting than those who consumed either plain water, a sweet solution or no solution. One reason? Exposure to something unpleasant has been shown to improve reaction times.

5) Psych yourself up: According to a study from the *Journal of Strength and Conditioning Research*, runners who engaged in 30 seconds of imagery one to two minutes before an event (they were asked to visualize sprinting as fast as possible and setting a new personal best) performed better in both the 10-meter and 30-meter sprints. Benefits weren't seen when they used imagery three or five minutes before their competition, leading researchers to conclude that imagery is best used immediately before competition, especially with activities that require speed. ●

Think fast! Runners who engaged in 30 seconds of **positive imagery** a minute or two before a sprinting competition performed better. Benefits weren't seen when they used imagery three or five minutes before their event.



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Jamie Eason

Jamie Eason
Team Labrada

Photo by: Bobby Black





PUT YOUR MIND INTO THE MOUTH

Paying attention to, or being mindful about, your eating environment can help you stay on your weight-loss plan. Writing in *IDEA Fitness Journal*, Susan Albers, PsyD, and author of *Eat, Drink, and Be Mindful*, suggests, "When you eat, just eat. Try turning off the television while you eat and avoiding other distractions to keep you focused on your food." Albers also suggests: "As you eat, pay close attention to all your senses. Use your tongue to feel the texture of the food. Gauge its temperature. Take a whiff of the aroma. Ask yourself, 'Is this something I really want? Does it satisfy my taste buds?'"



Eyes ahead

➔ If your weight-loss plan includes a lot of outdoor walking, try this research-based trick to increase how many calories you burn. According to an NYU study, if you focus on the target ahead of you a few blocks, say a large tree or building or monument, you will move toward it faster. Also, perceptionwise the object will seem closer to you.

Called "attention narrowing," this trick appears to affect how you perceive space. Emily Balcetis, one of the study's authors and an assistant professor in the psychology department, says, "These findings indicate that narrowly focusing visual attention on a specific target ... rather than looking around your surroundings, makes that distance appear shorter, helps you walk faster and also makes exercising seem easier."

Clearly, walking faster and going the distance will improve your calorie burn. So get up, move and focus. **Note:** Even though the study used walkers, there's little reason to doubt the "attention narrowing" technique will work just as well for runners.

Get negative

By accentuating the negative phase or the downward portion of your reps — lowering it for six or so seconds, over time you can boost your resting metabolic rate, which translates into more calories burned. Of course, because it places great recovery demands on your muscles and nervous system, this technique can lead quickly to overtraining if you use it workout after workout. So be wise, be judicious and use negative training on occasion.

(31) PERCENTAGE LESS LIKELY YOU ARE TO GAIN WEIGHT, ACCORDING TO A SPANISH STUDY, IF YOU EAT NUTS TWICE A WEEK, ALL THINGS BEING EQUAL. CONSIDER A SNACK OF 1 OUNCE OF WALNUTS (ABOUT ½ A CUP OR 14 HALVES) FOR ONLY 185 CALORIES AND 1.37 GRAMS OF SATURATED FAT. WALNUTS CONTAIN A GOOD DEAL OF MANGANESE, WHICH AIDS THE METABOLISM OF CARBOHYDRATES AND PROTEIN.

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This smoothie contains a bounty of beneficial nutrients.

By Erin Macdonald, RDN, & Tiffani Bachus, RDN



ANTIOXIDANT SHAKE

Makes 1 serving

- 6 ounces tart cherry juice
- 1 scoop whey protein powder
- $\frac{3}{4}$ cup frozen mixed berries
- 1 tablespoon chia seeds
- $\frac{1}{2}$ cup raw spinach
- $\frac{1}{4}$ cup beets, chopped
- 1 teaspoon raw honey
- ice

Place all ingredients (except ice) into a blender and mix until smooth. Add ice and blend to achieve desired thickness.

Nutrition facts (per serving): calories 342, total fat 7 g, protein 22 g, carbs 53 g, fiber 10 g



» **Cherry on top:** Tart cherry juice has been shown to help prevent symptoms of exercise-induced muscle damage.

» **The best whey:** Whey protein powder contains an amino acid called cysteine that aids in the production of glutathione, an antioxidant that is vital in strengthening your immunity. Tip: Look for undenatured whey protein for efficient glutathione production.

» **Purple power:** Beets are a unique source of phytonutrients called betalains, which have been shown to provide antioxidant, anti-inflammatory and detoxification support.

» **Get your greens:** Spinach is by far the mildest of the green leafy vegetables, which makes it easy to blend into a smoothie without affecting the taste or texture.



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Passport to flavor

These grab-and-go muffins take a savory spin for the better.

By Matthew Kadey, MS, RD



➤ **Tomato power:** Sun-dried tomatoes are a source of the potent antioxidant lycopene to help mop up those age-accelerating free radicals.

➤ **Ancient wonder:** Slightly sweet spelt flour is milled from spelt, an ancient whole grain that is easier to digest and more nutrient dense than modern hybridized wheat.

➤ **Tool of the trade:** Nonstick and flexible, silicon muffin cups are a secret weapon for making muffins, mini-cakes and individual frittatas.

➤ **Say cheese:** Even full-fat versions of feta cheese contain a reasonable fat-to-protein ratio, making it a good go-to crumble option.



Place extras in a zip-top bag and freeze for future snack attacks.



Who says muffins have to be sweet? These savory gems are so good, you'll put them in heavy rotation in your snack schedule after the first bite. The whole-grain muffins are bursting with a cache of nutritious Mediterranean-inspired ingredients such as olive oil, spinach and the flavor bombs known as sun-dried tomatoes. The lemon essence adds instant brightness to ensure that you won't be tempted by the gut-busting, sugar-laced baked goods floating around the office. The muffins can be made up to five days in advance if kept chilled in the refrigerator.

MEDITERRANEAN MUFFINS

Ready in 35 minutes
Makes 12 servings

1¼ cups whole-spelt flour
1 cup cornmeal
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon dried thyme
½ teaspoon salt
2 large eggs
1 cup low-fat milk
½ cup olive oil
1 cup baby spinach, chopped
3 ounces crumbled feta cheese
½ cup oil-packed sun-dried tomatoes, drained and chopped
⅓ cup pitted Kalamata olives, chopped
zest of 1 lemon

1. Preheat oven to 375 degrees. In a large bowl, mix together flour, cornmeal, sugar, baking powder, thyme and salt. In a separate bowl, whisk together eggs, milk and oil. Add dry ingredients to wet and mix gently until flour is incorporated. Fold in spinach, feta, tomatoes, olives and lemon zest.
2. Divide among 12 greased or paper-lined muffin cups and bake for 20 minutes, or until golden on top. Let cool several minutes before unmolding. Serve warm.

Nutrition facts (per serving):
calories 179, total fat 12 g, saturated fat 3 g, sodium 263 mg, carbs 16 g, fiber 1.5 g, sugar 4 g, protein 5 g

A photograph of a female bodybuilder, Erin Stern, in a gym setting. She is wearing a bright green sports bra and blue shorts, leaning over a barbell with large black weights. She has a focused expression. The background is dark and slightly out of focus, showing other gym equipment.

Erin Stern

ERIN STERN

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Treat yourself right

Need some postworkout pampering? We've got you covered from head to toe with these six alleviating allies.

By Myatt Murphy, CSCS



Uncoil your kinks

There's no knot that Spri's all-new Deep Tissue Roller can't reach and unravel. Its deep-dimpled surface and solid core are strong enough to ease the nastiest muscle knots without losing its shape, no matter how hard you press. \$60, spri.com



Tech for your neck

Victorinox Swiss Army's Deluxe Neck Rest by Restahead cradles your neck to reduce tension as you lie back and take a snooze. It's even adjustable and easily rolls up, so you can tailor it to your shape and take it on the go. \$45, swissarmy.com



Hoof helper

The new travel-size Moji Foot Massager features a slip-resistant base that lets you roll your soles along six freely rotating massage spheres. The center ball is raised to perfectly hit your arches, while the others target the rest of your sole, heel and sides. \$30, gomoji.com

Flip to Page 64 to learn more about treating your feet right.



Leap then loosen

HumanX by Harbinger's Jump & Stretch Rope is two fitness tools in one. Not only did testers find it to be the ideal weight for skipping, but the ultra-tough rope also doubles as a stretching tool you can use to keep muscles limber and injury-free. \$15, humanxgear.com



On-the-spot solace

The cordless Instant Hot or Cold Pain Relief Wand by Hammacher Schlemmer heats up to 104 degrees — or can cool to 43 degrees — in one minute flat, so you can precisely apply dual thermal relief to anything that aches within reach. \$60, hammacher.com



Vertebrae buddy

Lie back along Gaia's Ultimate Back Reliever and this contoured back stretcher does the rest. Its unique wavy design safely supports your back to help realign your spine as pressure points along the surface deliver deep-tissue relief to your muscles. \$35, gaia.com



Avoid overtraining!
If you can't shake feelings of lethargy and soreness, take some time away from the gym for rest and active recovery.



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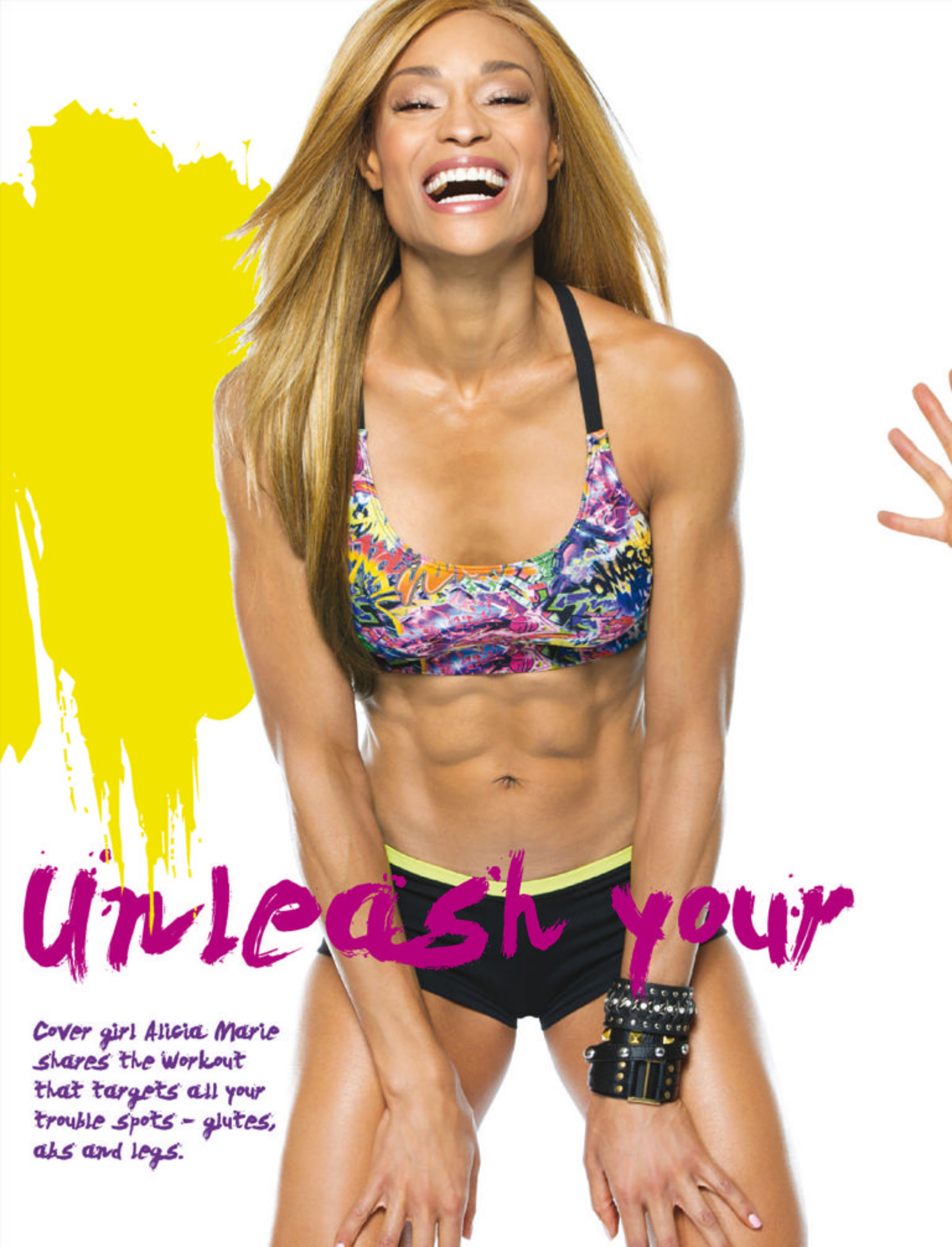
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Unleash your

Cover girl Alicia Marie
shares the workout
that targets all your
trouble spots - glutes,
abs and legs.



By Lara McGlashan,
CPT, Fitness Editor
Photography by
Robert Reiff

inner warrior

you might

call Alicia Marie a true innovator. Since 2009, she's gained momentum as one of the fitness industry's foremost personalities, has graced a total of 94 magazine covers (including 11 for *Oxygen* alone!), and is one of the most sought-after models and experts in the business. She has been publishing her own books and DVDs for several years, has a mega-following on social media and is involved in everything from charity functions to comic-book conventions. The only venue from which she has been missing is the very one that introduced her to us: the competitive stage. Now she's back to conquer that again, too.

"Yes, I am returning to competition after six years of unofficial 'retirement' — I must be crazy!" says the 39-year-old Los Angeles resident, laughing. "After competing and traveling for six years, then getting my pro card in Figure in 2008, I wanted to take a break and get some businesses going. But for 2015 I wanted a new challenge, and there is nothing more challenging than putting your body and mind to the ultimate test — especially when you've been coasting with a casual workout regimen since 2010!"

Casual or not, Marie still looks *ridonculous* but does admit to having lost a bunch of muscle. In light of her pared-down physique, her coach Kim Oddo recommended she try the Bikini division instead of Figure. "Bikini is great for me because I still get to work out hard, but I also get to indulge my cardio fetish," she

*the Warrior Workout

Warm up for five to 10 minutes with some light cardio and dynamic stretching. Then perform these moves in a circuit with very little rest in between sets to maintain an elevated heart rate. End your session with five to 10 minutes of stretching, foam rolling and flexibility training.

exercise	sets	reps
Standing twist and raise	4	15 each side
Curtsey lunge with plate	3-4	10 each side
Reaching side lunge	3	10-12 each side
V-up off bench	4	10-12
Pop-up tripod	3-4	10
plank corkscrew	3	8-10 each side

Standing ab Isolation crunch

Do 20 to 30 reps of this move before you begin the workout to help connect your mind to the muscles that should be working when you train. Do each rep slowly and mindfully, even closing your eyes to really focus on feeling the contractions.



Inhale deeply and stand up tall to disengage your abs (a). Exhale and contract your abs, driving your navel inward. Curl your shoulders forward and tuck your pelvis under (b).

quips. "Plus, it's geared toward presentation, and I am looking forward to bringing my stage walk back to life! I am a huge ham and I love performance, and being up there is a rush, even though it's also terrifying."

It's a stretch to believe that someone as outgoing and confident as Marie could ever be terrified by Lucite heels and a spangly swimsuit, but she's also human. "Hey, let's face it: I am not 27 anymore," she says. "Being onstage and putting yourself out there to be publically judged is not easy. But my goal this year is to conquer the things that scare me, and that is what I am doing with this contest. Now I have to figure out how to apply that to spiders!"

THE COMEBACK TRAIL

In order to regain some size and definition, Marie started lifting heavier last summer and added drop sets to her training to boost her volume and intensity. "I can't tell you how good it feels to get stronger again," she says. "It's motivating, for instance, to start working with 50 pounds, then after only a few weeks, start reaching for the 80-pound bar!"

Marie believes in sticking to the basics with her training, even as a veteran in the field. "Fitness is not about coming up with the craziest, toughest, weirdest exercises possible," Marie says. "Usually the simplest moves combined with a heavy load and a solid focus on each rep is the answer to all physique issues."

This Warrior Workout reflects Marie's training philosophy and is a program she actually did herself this year to target those trouble spots all women have — legs, glutes and abs. "Those are the toughest areas to get tight because we women store fat there naturally," she says. "Our bodies and hormones are geared toward preparing to bear children, not do a fitness contest!"

So it looks like her #YearofNoFear is moving along nicely, and we look forward to seeing Marie's resurrected stage walk, reading her insanely funny posts and learning how to pray for better bottoms with her *Booty Bible*. Now about those spiders ...



Standing twist and raise

Setup: Stand with your feet wider than shoulder-width apart and hold a 10- to 15-pound weight at your chest.

Move: Twist your torso to the right while bringing your right knee up in front of you. Pause and squeeze, then return to the start. Do all reps on one side before switching.

Tip: Bring your body toward your knee as you "crunch" in a standing position, keeping your pelvis tucked under and your abs engaged.



Curtsey lunge with a plate

Setup: Stand with your feet shoulder-width apart and hold a weight plate at your chest.

Move: Take a large step behind and across your other foot, keeping your head and chest up and your hips square. Bend both knees and sink into a lunge. Extend your legs and step your feet back together. Continue, alternating sides.

Tip: Take these up a notch and do them on a step. Start on top and curtsy with one foot down and behind you off the step.



Name: Alicia Marie

Birthplace: Cleveland

Current Residence: Los Angeles

Height: 5'9"

Weight: 133 onstage; 138 offseason

Facebook: AliciaMarieFITNESS

Twitter and Instagram: @AliciaMarieBODY

Sponsor: Suits by Amy



Reaching side lunge

Setup: Stand with your feet hip-width apart and hold a dumbbell in your left hand, right hand on your hip. Take a large step to the right with your toes forward and your knee over your ankle.

Move: Bend your right knee and lower into a deep side lunge, keeping your left leg straight. Bring the dumbbell to the floor on the inside of your foot, then extend your knee and straighten your leg. Do all reps on one side before switching.

Tip: Go as deep as you can without letting your knee stray past your toes.

"Usually the simplest moves combined with a heavy load and a solid focus on each rep is the answer to all physique issues."



V-up off bench

Setup: Sit on a bench and place your hands behind your butt on either side of the bench. Lean back with a straight back, lift your feet off the floor — knees bent — and balance on your tailbone.

Move: Draw your knees inward as you lift your torso up to meet it in the middle, then unfold once more to complete one rep.

Tip: To make this move more challenging, try keeping your legs straight or semi-straight, using your lower abdominals and core to lift them up.

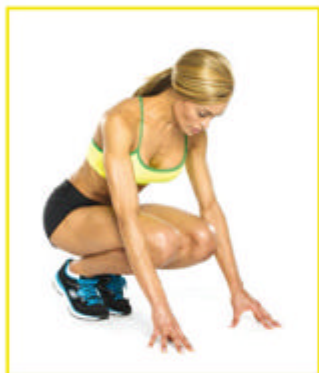


Pop-up Tripod

Setup: Crouch down and place your hands on the floor in front of you, shoulder-width apart.

Move: In one fluid motion, balance on your hands as you pop your lower body up, straightening your legs and landing with your feet spread wide. Immediately jump your feet back together and underneath you to return to a crouch.

Tip: Pop straight up with your lower body; think of being pulled up by a string.



Plank corkscrew

Setup: Lie facedown and come into a forearm plank with your elbows underneath your shoulders and your head, hips and heels in line.

Move: Keeping your forearms flat, slowly rotate your hips to one side as far as you can, then rotate back to center. Continue, alternating sides.

Tip: Press into your elbows, spread your shoulder blades apart, and tighten your glutes to help keep your torso and hips stable and prevent them from sagging as you twist side to side. ●



Five things you probably didn't know about Alicia Marie

- 1 Geek alert! "I am a huge *Star Trek* fan and attend conventions dressed as Lt. Uhura."
- 2 She's a big bang-er. "I love all branches of science and attend monthly gatherings with a group to discuss things like modern physics and hadron particles."
- 3 A veteran eavesdropper. "I am legally deaf. I can hear sound, but speech patterns are not very clear most of the time. I use lip reading to fill in the gaps, and I am so good at it that I can use it to 'eavesdrop' on conversations being held across a room — or the gym!"
- 4 Look out Jason. "I am a horror-film junkie and have a huge library of psychological thrillers that my boyfriend and I watch on the weekends. After *Star Trek* reruns, of course!"
- 5 Alicia was kung fu fighting. "I have trained with a master in sword handling, weapons, and some staff and kali/escrima, practical combat martial arts."

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THAT'S STUFF

Jazz up your go-to protein from the inside out with these easy and fast stuffed chicken breast recipes – just five ingredients or less!



Stuffed chicken recipes are filling, but they won't leave you feeling, well, stuffed. Bring something new to the table and round out your meals by cooking breasts packed with nutritious and delicious ingredients.

Perfect Protein: At a minimum, Americans should eat 5.5 ounces of high-quality protein each day. As an active woman, you need even more. The quality of protein is determined by how many essential amino acids it contains. Animal proteins, such as chicken, contain all nine essential amino acids – the ones that your body can't synthesize and, therefore, you need to get in your diet. Getting enough of your proteins as high-quality sources helps you keep your immune system functioning properly, aids your body in producing enzymes and hormones to trigger normal body functions, and helps you maintain healthy skin, hair and nails. No other readily available food source supplies as much high-quality protein per ounce than chicken.



By Jessie R. Shafer, RD Photography by Cory Sorensen

\$ \$12.63 per recipe
(\$3.16 per serving)



WANT A LIGHTER way to enjoy spinach and artichoke dip? That's the inspiration for this stuffed chicken recipe that oozes delicious veggie-packed filling in a high-protein package. Bursting with nutrition, this single recipe contains more than half your essential vitamins and minerals.

MAKES 4 SERVINGS

(1 chicken breast and ½ cup filling each)

Ingredients:

3 cups frozen loose-leaf spinach
1 cup chopped artichoke hearts (from 14-ounce can, drained)
½ cup light cream cheese, softened
2 tablespoons shredded Parmesan cheese
4 boneless, skinless chicken breasts (6 to 7 ounces each)

Directions:

1. In a medium bowl, microwave frozen spinach on high until thawed, about two minutes. Drain bowl and let spinach cool slightly. Squeeze spinach in paper towels to drain thoroughly. (You should have about ½ cup.)
2. In a separate bowl, combine drained spinach, artichoke hearts, cream cheese and Parmesan. Add ½ teaspoon garlic powder, ¼ teaspoon salt and ¼ teaspoon red pepper flakes; stir until well-mixed.
3. Using a small, sharp knife, cut a slit horizontally along one side of each chicken breast, making sure not to cut all the way through. (See sidebar on Page 60.)
4. Gently stuff ½ cup spinach mixture into slit in each chicken breast; secure with toothpicks. Season the outside of chicken

breasts with a pinch each of salt and black pepper.

5. In a large nonstick skillet over medium heat, cook chicken until browned, turning once, two to three minutes per side. Reduce heat to medium-low, cover skillet and cook chicken 10 minutes more, until cooked through.

Nutrition facts (per serving): calories 333, total fat 10 g, saturated fat 4 g, trans fat 0 g, sodium 562 mg, carbs 13 g, fiber 7 g, sugar 3 g, protein 47 g

***PER-SERVING PRICING ANALYSIS**
according to Peapod.com as of
February 2015

SPINACH ARTICHOKE





\$ \$19.23 per recipe
(\$3.81 per serving)

MUSHROOM MARSALA

A NEW TAKE on chicken Marsala, this low-fat dish is packed with a savory mushroom filling. One of the few natural food sources of vitamin D, mushrooms also can play a role in immunity, are a great source of antioxidants and contain essential B vitamins.

MAKES 4 SERVINGS
(1 chicken breast and ¼ cup filling each)

Ingredients:

2 cups sliced mushrooms (8 ounces)
1 large shallot, diced (½ cup)
1 tablespoon whole-wheat flour
½ cup sweet or dry Marsala wine
4 boneless, skinless chicken breasts (6 to 7 ounces each)

Directions:

1. In a large nonstick skillet over medium-high heat, sauté mushrooms and shallot in 1 tablespoon oil until softened, about five minutes. Sprinkle flour over

vegetables; cook and stir 30 seconds until thick. Add Marsala wine and, using a wooden spoon, stir to scrape up any browned bits from bottom of skillet. Cook and heat until mixture is thickened to gravy consistency, three to five minutes. Season with ¼ teaspoon dried thyme and ¼ teaspoon salt; toss to mix.

2. Using a small, sharp knife, cut a slit horizontally along one side of each chicken breast, making sure not to cut all the way through. (See sidebar on Page 60.)

3. Gently stuff ¼ cup sautéed mushroom mixture into slit in each chicken breast; secure with toothpicks. Season the outside of chicken breasts with a pinch each of salt and black pepper. Clean out skillet.

4. In the same large nonstick skillet over medium heat, cook chicken until browned, turning once, two to three minutes per side. Reduce heat to medium-low, cover skillet and cook

chicken 10 minutes more, until cooked through.

Nutrition facts (per serving): calories 258, total fat 4.5 g, saturated fat 1 g, trans fat 0 g, sodium 299 mg, carbs 7 g, fiber 1 g, sugar 3g, protein 40 g

COVER UP It takes longer to cook a stuffed chicken breast than an unstuffed one. Speed up your efforts by using a lid. After browning the chicken for two to three minutes per side to make a nicely browned and crisp exterior, reduce the heat and cover the pan. This allows heat to remain in the pan and cook the breasts faster. Also, don't crowd the pan. Use a large skillet or sauté pan that allows the stuffed chicken breasts to sit in the pan without touching each other, letting heat surround each breast so it can cook faster.

FAJITA



LOVE FAJITAS? Try this tortilla-free version that boasts an interior of sizzlin' peppers and onions and an avocado topper to up the fullness factor. Add more color by using half each of a red and green bell pepper. Bell peppers are one of the top sources of carotenoids, organic health-boosting pigments that can decrease your risk of cancer and eye disease.

MAKES 4 SERVINGS
(1 chicken breast and ¼ cup filling each)

Ingredients:

1 red bell pepper, sliced (1½ cups)
½ small yellow onion, diced (1 cup)
½ teaspoon salt-free fajita seasoning
1 small avocado
4 boneless, skinless chicken breasts (6 to 7 ounces each)

Directions:

1. In a large nonstick skillet over medium-high heat, saute bell pepper and onion in 1 tablespoon oil until softened, about five

minutes. Sprinkle fajita seasoning over vegetables; toss to coat.

2. Using a small, sharp knife, cut a slit horizontally along one side of each chicken breast, making sure not to cut all the way through. (See sidebar on Page 60.)

3. Gently stuff ¼ cup sauteed vegetables into slit in each chicken breast; secure with toothpicks. Season the outside of chicken breasts with a pinch each of salt and black pepper. Clean out skillet.

4. In the same large nonstick skillet over medium heat, cook chicken until browned, turning once, two to three minutes per side. Reduce heat to medium-low, cover skillet and cook chicken 10 minutes more, until cooked through.

5. Meanwhile, peel and cut avocado into thin slices. To serve, top each chicken breast with ¼ of the avocado slices.

Nutrition facts (per serving): calories 286, total fat 10 g, saturated fat 2g, trans fat 0 g, sodium 252 mg, carbs 7 g, fiber 4 g, sugar 2 g, protein 40 g

YOUR CHICKEN CHOICES You may have noticed a lot of wording on chicken and meat packages lately. Here's what those terms mean:

FREE RANGE This term means the animal had access to the outside while it was raised. Generally, this doesn't mean that the animal had a large, grassy range to roam it but that it was given access to a fenced area or pen. Chicken labeled organic also must be free range. However, not all free-range chicken qualifies as organic.

FARM RAISED This term means the animal was raised on a farm and in a barn with temperature controls, ventilation systems, protection from external elements that could affect the health of the animal and fed a nutrient-rich diet. All chicken raised in the United States is farm-raised chicken.

ORGANIC This term means the use of antibiotics was prohibited in animal production and the animal was fed food made from organic ingredients.



\$ \$10.82 per recipe
(\$2.71 per serving)

INDIAN CURRY

THIS SWEET-AND-SALTY stuffing is delicious enough to serve as a stand-alone side dish. It serves as a filling two-in-one side dish and entree. Quick-cooking couscous ups your intake of protein and B vitamins, while raisins supply the mineral phosphorous, which plays an important role in your metabolism.

MAKES 4 SERVINGS

(1 chicken breast and 1/3 cup filling each)

Ingredients:

1/3 cup uncooked couscous
1/2 cup raisins
1/3 cup light coconut milk
2 teaspoons curry powder
4 boneless, skinless chicken breasts (6 to 7 ounces each)

Directions:

1. In a medium pot or saucepan, cook couscous in water according to package

directions. When water has been absorbed, fluff couscous with a fork and stir in raisins, coconut milk and curry powder.

2. Using a small, sharp knife, cut a slit horizontally along one side of each chicken breast, making sure not to cut all the way through. (See sidebar, right.)

3. Gently stuff 1/3 cup couscous mixture into slit in each chicken breast; secure with toothpicks. Season the outside of chicken breasts with a pinch each of salt and black pepper.

4. In a large nonstick skillet over medium heat, cook chicken until browned, turning once, two to three minutes per side. Reduce heat to medium-low, cover skillet and cook chicken 10 minutes more, until cooked through.

Nutrition facts (per serving): calories 334, total fat 6 g, saturated fat 2 g, trans fat 0 g, sodium 228 mg, carbs 26 g, fiber 2 g, sugar 11 g, protein 41 g

HOW TO STUFF CHICKEN BREASTS

STEP 1: Using a small, sharp knife, cut a 2- to 4-inch-deep slit along the side of the chicken breast to make a pocket, inserting the knife at the thickest part of the breast. Be careful not to cut all the way through the chicken.

STEP 2: Using your fingers or a spoon, carefully slide through the pocket to widen the opening.

STEP 3: Gently stuff filling into the pocket of the chicken breast. Close the opening by securing with toothpicks.

\$ \$9.02 per recipe
(\$2.26 per serving)





\$ \$10.86 per recipe
(\$2.72 per serving)

IF YOUR FAMILY LOVES chicken-and-rice casserole, try this shot at the classic combination. It's an easy way to add some veggies to your plate. Plus, the cheese, almonds and rice in this recipe help round out the meal and boost the protein count to 48 grams per serving.

MAKES 4 SERVINGS

(1 chicken breast and ½ cup filling each)

Ingredients:

1 cup frozen chopped broccoli
1 8.8-ounce microwave pouch brown rice, such as Uncle Ben's
1 cup shredded reduced-fat (2%) cheddar cheese
2 tablespoon slivered almonds
4 boneless, skinless chicken breasts (6 to 7 ounces each)

Directions:

1. In a medium bowl, microwave frozen broccoli on high until thawed, about two minutes. Remove broccoli and add brown-rice pouch to microwave; microwave according to package directions.
2. Remove 1 cup cooked rice from pouch; transfer to a bowl. Reserve remaining cooked rice for another meal. Add broccoli, cheese and almonds to rice in bowl; toss to mix.
3. Using a small, sharp knife, cut a slit horizontally along one side of each chicken breast, making sure not to cut all the way through. (See sidebar on Page 60.)
4. Gently stuff ½ cup rice-broccoli mixture into slit in each chicken breast; secure with toothpicks. Season the

outside of chicken breasts with a pinch each of salt and black pepper.

5. In a large nonstick skillet over medium heat, cook chicken until browned, turning once, two to three minutes per side. Reduce heat to medium-low, cover skillet and cook chicken 10 minutes more, until cooked through.

Nutrition facts (per serving): calories 344, total fat, 9 g, saturated fat 2.5 g, trans fat 0 g, sodium 479 mg, carbs 15 g, fiber 3 g, sugar 1.5 g, protein 48 g

FIND IT ON THE WEB Go to oxygenmag.com/nutrition for lots more healthy, tasty recipes.

CHEESY BROCCOLI RICE



torch more fat

Shed flab, get stronger and boost your confidence with these four punches.

Boxers are some of the fittest athletes around, with über-shredded physiques and the cardio capacity of a thoroughbred. Cash in on their conditioning without taking a blow to the nugget with this boxing-inspired workout.



By Alissa Carpio
Photography by Robert Reiff

Your fighting fit fat-loss plan ● Warm up with some jump rope and dynamic stretching movements such as leg and arm swings, then shadowbox using these four punches, as outlined by William Joppy, a three-time World Boxing Association middleweight champion and coach. Challenge yourself to go the distance, throwing punches and punch combos for a minute, then rest for 30 to 60 seconds to complete one round. Repeat for nine rounds and you'll be a knockout in no time.



cross

- Take a wide stance with your front foot flat and your toes pointed forward; your rear foot should be at a 45-degree angle positioned up on your toes. Your body should be angled to the side with your knees slightly bent and your weight distributed evenly between your feet.
- Hold your hands in loose fists in front of your face with your elbows pointing down. Your inactive hand should remain close to your chin while keeping your shoulder and back muscles engaged.
- Using your rear fist, punch straight forward toward your target, pivoting on your rear foot and turning your hips over to generate power through your arm.
- Rotate your arm and palm downward, and clench your fist just before hitting your target to generate the most force.
- "Sit down" into your punch by bending your knees slightly to maintain balance and maximize power output.
- Follow through by rotating your torso in the direction of your punch and turning your lead hip outward while bringing the shoulder of your throwing arm forward.
- Immediately retract your arm back to the guard position. Never "push" your arm into your opponent on this or any punch; snap the punch quickly and forcefully, and retract it in the same way.

jab

- Using your forward fist, punch your arm straight toward your target. Don't let your elbow swing out to the side; it should always be pointing toward the ground.
- Shift your weight slightly forward onto your lead foot as your arm comes to full extension to add power to the punch, but not so much that you're off-balance.
- Keep your chin down, and elevate your shoulder to protect your chin as you extend your arm.

hook

- Lift your lead arm, elbow bent 90 degrees, so it's parallel to the ground.
- Pivot on your lead foot to the inside and turn your hip over and inward as the punch comes across your body.
- The heel of your lead foot should lift off the ground as you engage the hip to generate power for your punch.
- Keep the punch tight and close to your body. Swinging too wide or creating a larger arm angle reduces power output.

uppercut

- Drive your rear fist up from the waist with your palm facing toward you.
- Pivot on your rear foot and rotate your hip while punching upward for power.
- Don't jump up into the punch but rather sit down into your stance by squatting slightly to maximize balance and force.
- Practice throwing an uppercut low and high — at the opponent's chin or chest — to change things up. ●





STAY ON YOUR FEET!

In the gym or out on the road, your feet endure a lot, which explains why they're so vulnerable to injury. Find out about common injuries and learn how to protect those footsies.



By Karen Asp





Suffice to say that as an active woman, your feet, which surprisingly house 25 percent of your muscles, are your most important bodypart. They're so well-used, in fact, that by the time most people turn 50, they've logged 75,000 miles on their feet, according to the American Podiatric Medical Association.

That could explain why those dogs talk back, sometimes more than you'd like. So what are some of their most common complaints? Take a look at the following five scenarios and get the scoop on how to solve and prevent these foot crises, ultimately giving your feet the love they deserve.



1

YOUR FEET FALL ASLEEP WHILE YOU'RE DOING CARDIO.

► **WHAT'S GOING ON:** Your feet are lacking circulation, usually caused by improperly fitted shoes, says Katy Bowman, biomechanist in Seattle and author of *Whole Body Barefoot* (Propriometrics Press, 2015).

► **THE FOOT FIX:** Check that your workout shoes aren't too small or tied too tight. You should be able to fit a finger under your shoelace. Then take out the insert in your shoe and step on it. If any part of your foot hangs over, your shoes are too small, says Johanna Youner, DPM, board-certified foot doctor and surgeon in New York City.

► **PREVENTION PLAN:** When shopping for shoes, go right after a workout because that's when your feet are largest, Bowman says. Any shoe you stand in should be a ½ inch longer than your toes. Also, simulate your workout movements in the store so you can feel how the shoe moves. In fact, take them for a test drive — jog around the store! If it's tight on the sides or doesn't let you spread your toes, look for one with a wider toe box.



Give your feet a break — don't wear heels all day.

2

YOU'RE BATTLING TIGHTNESS IN YOUR LOWER LEG THAT WON'T GO AWAY.

► **WHAT'S GOING ON:** Those heels you sport at work could be screwing up your calf muscles. When you wear heels, your calf muscles actually shorten, which then causes a myriad of problems, including loss of joint range of motion and muscle length in your legs, which can lead to injury. Physical activities that put you on the balls of your feet also could be an issue here.

► **THE FOOT FIX:** Decrease or eliminate your time in high heels, Bowman says. Can't part with those heels? After 3 p.m., switch to lower-heeled shoes, especially if you're logging an after-work sweat. "Giving your feet that time off from heels will make the transition into workout shoes less drastic and damaging on your calf muscles," she adds. If that's not an option, extend your preworkout warm-up by five or 10 minutes.

► **PREVENTION PLAN:** Once you've cut your heel time, vary your workouts so you're not always doing activities like the StairMaster and elliptical that put you on the balls of your feet.

3

YOU'VE GOT AN ANNOYING BLISTER ON THE BACK OF YOUR HEEL.

➤ **WHAT'S GOING ON:** Rubbing of the heel counter to your shoe can cause abrasion that leads to a blister. The most common culprit? Shoes that aren't properly fitted or the shoe's design, in this case a heel area that might be too wide, says Rick Mende, director of research for the Institute for Preventive Foot Health in Statesville, North Carolina.

➤ **THE FOOT FIX:** Although you might be tempted, avoid popping that blister, especially if you have diabetes. "Otherwise, you could risk infection," Mende says. Instead, cover it with moleskin or a specially padded bandage. In a pinch? Use duct tape. If your skin breaks, apply an antibiotic ointment to prevent infection.

If, though, the blister is large and seriously interferes with your movement, especially if your feet are your only transport and you need to move, you can pop and drain it. Just do it within 24 hours of getting it so you start the healing process. Some tips: Sterilize a needle (rub with alcohol or place it over a flame), pop the blister from the side without twisting the needle, make a few holes in different sides and squeeze out the fluid. After, seal it with glycerin gel lubricant, dab with antibiotic ointment and cover with a bandage.

➤ **PREVENTION PLAN:** Wear padded socks and properly fitted shoes, Mende says. Also, if you're hiking in wet or damp conditions, change your socks at least once a day.



4

YOUR HEEL IS ON FIRE, ESPECIALLY WHEN YOU TAKE THAT FIRST STEP IN THE MORNING.

➤ **WHAT'S GOING ON:** You could have plantar fasciitis, a painful inflammation in the tissue that connects your heel bone to the base of your toes. That inflammation, common in people who run or jump a lot or those with very flat feet or high arches, can get worse if you're wearing unsupportive shoes or the wrong shoes for your activity, Youner says.

➤ **THE FOOT FIX:** Seek medical attention, especially if the pain interferes with daily activities. Your doctor may recommend an orthotic, which can ease stretching and stress of the plantar fasciitis. You also should curtail high-impact activities and veer toward low- or no-impact activities. Ice the affected area for 10 minutes on, 20 minutes off, several times a day, and do simple stretches. Try, for instance, the seated stretch in which you sit on the floor with your legs extended in front, towel wrapped around the ball of the affected foot, and pull your forefoot toward you, keeping your heel on the floor; hold 20 to 30 seconds and repeat three times.

➤ **PREVENTION PLAN:** Make sure you're using the right shoe for your activities. "And if you're a runner or high-mileage walker, change shoes at least every eight months," Youner says.



Duct tape can be a quick blister fix if you're in a pinch.

5

YOU'VE DEVELOPED THE DREADED BLACK TOE.

➤ **WHAT'S GOING ON:** In most cases, blame trauma to the nail, especially if you're a runner, walker, hiker or soccer player. If you're wearing a shoe that's too small or tight, your foot doesn't have enough space to move in the shoe. Your toes, especially that big toe, then slam into the shoe, causing the nail to bruise and bleed. The normal back-and-forth motion of the toe in the shoe also can cause this.

➤ **THE FOOT FIX:** See a doctor. "The blood needs to be removed from the nail so it doesn't create permanent nail injury," Youner says. And don't worry if the nail falls off; it'll grow back.

➤ **PREVENTION PLAN:** Check that shoes are properly fitted to your feet. Padded socks, tube foam toe bandages and silicone toe-cap pads also can keep this from being a recurring problem. ●

PLEASE NOTE: IF AT ANY POINT YOU DO SUFFER AN INJURY TO YOUR FEET OR SEE A CHANGE IN YOUR FEET, SEEK MEDICAL ADVICE.

For head-to-toe fitness, don't forget your feet!





BY LAIZA McGLASHAN, CPT, FITNESS EDITOR

PHOTOGRAPHY BY ROBERT REIFF



total


body

POWER!

TRAIN FOR SPEED, AGILITY AND
DEFINITION WITH THIS 20-MINUTE
MEDICINE-BALL WORKOUT.

■ Throw 'em, slam 'em, toss 'em, pass 'em — any way you use them, medicine balls are one of the most versatile workout tools around. Athletes and coaches use medicine-ball workouts to train the body in all three planes of motion — frontal, sagittal and transverse — and concentrate on balance, coordination, stability and total-body power. Translation: a symmetrical, well-rounded physique and a killer, ironclad core.

This is a dynamic, total-body circuit program that anyone at any level can do anywhere. All you need is a medicine ball (or two) and a flat, open area free of obstacles (such as sticks, rocks, sunbathers, etc.). Warm up by power walking or jogging for two to five minutes, then follow with five to 10 minutes of dynamic stretching for your upper and lower body. Go through the routine once for a solid 20-minute workout or twice if you're feeling ball-sy (get it?). Rest no more than 30 seconds between sets to burn oodles of fat and calories.



the workout

EXERCISE

TOSS-UP

TWISTER

BALL SLAM

ROCK AND ROLL UP

ONE-LEGGED REACH

ONE-LEGGED HIP RAISE

ONE-ARM BALL FLYE

FIGURE-8

SETS

2

2

2

2

2

2

2

2

2

REPS

15

20

12

10

10 EACH SIDE

15 EACH SIDE

10 EACH SIDE

20



INTENSITY TIP:
PLAY WITH THE
HEIGHT OF YOUR
TOSS. THROWING
THE BALL HIGHER
REQUIRES MORE
POWER AND
EXPLOSIVENESS,
WHILE TOSsing
IT LOWER AND
FASTER WITH
MORE REPS CAN
BE A GOOD ENDUR-
ANCE WORKOUT.



TOSS-UP

setup: Stand with your feet a little wider than hip-width apart, toes pointed slightly outward, and hold a ball at your chest with both hands, elbows down. Look up toward the sky and shift your weight into your heels.

move: Kick your hips back and bend your knees to squat all the way down — bottoming out — then explode out of the hole, extending your legs quickly and throwing the ball straight up into the air as you reach full extension. Catch it with both hands as it comes back down and immediately go into the next repetition.

form tip:

Make this movement fluid and continuous. Frame your hands to catch the ball and cushion the impact by absorbing it with your elbows and lowering right into the next rep.

a few tips for effective medicine-ball training

- Always hold the ball with your hands wide open, fingers spread. This gives you the most surface area with which to handle the ball, offering superior grip and stability.
- Use balls with differing weights for different moves. For example, you can use a much heavier ball for toss-ups than you can for figure-8s.
- Never catch the ball with straight elbows; always absorb the impact by bending your arms to slow the ball down.
- Control the momentum of the ball with your core; never let it control you.
- Some medicine balls are bouncy. Test them out to see how they react before beginning your workout.

INTENSITY TIP: Lift your legs, cross your ankles and balance on your tailbone as you twist from side to side.



TWISTER

setup: Sit on the ground with your knees bent and hold a medicine ball at your chest with both hands. Lean back and balance on your tailbone with a straight back.

move: Moving your torso and arms as one unit, twist to the side and touch the ball down to the ground by your hip. Turn the other way and continue, alternating sides.

form tip: Think about wringing out your waist like a towel as you do this move to really engage the core.

INTENSITY TIP: THIS MOVE CAN BE AS EASY OR DIFFICULT AS YOU MAKE IT. THE HARDER YOU THROW THE BALL DOWN AND THE MORE YOU USE YOUR ENTIRE BODY, THE MORE DIFFICULT THE MOVE BECOMES.



BALL SLAM

setup: Hold a ball with both hands at chest height and stand with your feet shoulder-width apart.

move: Raise the ball quickly overhead, then use your entire body to throw the ball to the ground, bending your hips and knees and whipping it downward by contracting your abs as you follow through. Pick the ball back up and repeat immediately.

form tip: Think about initiating this move with your abs and core, and use your entire bodyweight to generate force, not just your arms and back.

ROCK AND ROLL UP

setup: Lie on the ground with your knees bent, feet flat, and hold the ball with both hands overhead on the ground, elbows bent.

move: Quickly bring the ball overhead in an arc toward your knees and use that weight and momentum to help you roll forward onto your feet into a squat, then stand up. Reverse the move to return to the start, then repeat right away.

form tip: If you have trouble rolling up into the squat, try bringing your knees into your chest and use the momentum of the ball and your legs to help pop you upright.

INTENSITY TIP: TRY THIS MOVE WITH JUST YOUR BODYWEIGHT TO BEGIN, THEN MOVE UP TO A LIGHT BALL ONCE YOU GET THE HANG OF IT. AS YOU GET STRONGER, TRY TO RELY LESS ON MOMENTUM AND MORE ON YOUR ABS AND CORE TO PERFORM THE MOVE.



INTENSITY TIP: USE A LIGHTER BALL FOR THIS MOVE SO YOU DON'T TIP FORWARD AND GET THROWN OFF-BALANCE. BEGINNERS ALSO CAN HOLD THE BALL AT THEIR CHEST. AS YOU IMPROVE, SLOWLY EXTEND YOUR ARMS UNTIL YOU CAN DO IT AS SHOWN.



ONE-LEGGED REACH

setup: Stand with your feet together and hold the ball with both hands at your waist, arms extended. Extend one leg straight behind you, toes just brushing the ground.

move: Fold forward, hinging at the hips and lifting your leg behind you as you lower your torso toward the ground with your back straight. As you lower, reach the ball upward until your arms, back and leg are all parallel to the ground. Pause, then reverse to return to the start. Do all reps on one side before switching.

form tip: Try to move your arms and leg simultaneously to help maintain balance. Also, keep your standing knee slightly bent for better stability.

ONE-LEGGED HIP RAISE

setup: Lie faceup and place a medicine ball underneath one foot. Extend your other leg into the air over your hip and reach your arms along your sides, palms down.

move: Press down into the ball with your heel and lift your hips toward the sky, squeezing your glutes. Pause a moment, then lower slowly to the start. Do all reps on one side before switching.

form tip: Do this move slowly and in control to prevent the ball from rolling.



INTENSITY TIP: THIS MOVE ALSO CAN BE DONE ON THE GROUND IF BALANCING ATOP THE BALL IS TOO CHALLENGING.



ONE-ARM BALL FLYE

setup: Lie faceup on the ground with your knees bent, feet flat, and hold the ball with both hands straight up over your chest.

move: Shift the ball to your left hand and slowly lower your arm straight out to the side until it is hovering above the ground. Raise your arm slowly to the start and switch sides to complete one rep. Continue, alternating sides.

form tip:
Keep your elbow slightly bent to protect your shoulder joint.

INTENSITY TIP: DON'T RUSH; THE SLOWER YOU DO THIS MOVE, THE MORE INTENSE IT BECOMES.

INTENSITY TIP: THE BIGGER THE 8s THE HARDER THE MOVE. PLAY WITH YOUR SPEED, AS WELL, TO CHALLENGE YOURSELF.



FIGURE-8

setup: Hold a medicine ball with both hands and your arms extended straight out at chest height.

move: Keeping your arms straight, draw figure-8s in the air in front of you. Reverse direction each five reps.

form tip:
Make sure you have a good grip on the ball and remember to control it with your abs and core. O

MORE BANG FOR THE



THESE EIGHT
100-CALORIE
SNACKS ARE TASTY,
SATISFYING AND
GOOD FOR YOU, TOO.

By Beth Saltz, MPH, RD

There are buckets of 100-calorie snacks available on grocery store shelves, but many of them offer only empty calories — think 100-calorie packs of cookies, chips and crackers. Then there are the healthy standbys of fruits and veggies, for which 100 calories can buy you a nutrient-packed natural snack. But sometimes you're not in the mood for another apple, and a prepackaged snack that's sweet, crunchy or salty sounds just right. Here's how to have the best of both worlds: eight 100-calorie snacks that are convenient, nutritious and delicious!



Love Grown Foods Power O's

You will not believe these yummy O's are made with beans. In about $\frac{3}{4}$ of a great-tasting cup, there are 100 calories, almost 3 grams of fiber and just less than 4 grams of protein. Instead of a grain foundation, it uses a blend of navy beans, garbanzos and lentils. The story of the company is inspiring (the founders are passionate about nutrition and provide education for schoolkids in Denver about the importance of a healthy breakfast), and the satisfying, guilt-free crunch of this snack is irresistible!

★ **per 100 calories:**
saturated fat 0 g, carbs
19 g, sugar 8 g, fiber 2.5 g,
protein 3.5 g

\$3
LOVEGROWNFOODS.COM



Trader Joe's Contemplates Inner Peas

This crunchy pea-based snack is similar to veggie chips, but this one actually contains vegetables, unlike some products out there. If you want a crunchy snack, this one satisfies with six ingredients, 3 grams of fiber and 3.5 grams of protein. It's a better option than potato chips with great crunch and taste. Of course, you could enjoy real peas or sugar snap peas for less calories. However, these are fine for a quick snack, especially if you pre-portion the bag. You'll enjoy about 18 pieces for 100 calories.

★ **per 100 calories:**
saturated fat <1 g,
sodium 40 mg, carbs 13 g,
sugar <1 g, fiber 3 g,
protein 3.5 g

\$1.50
FOR A 3-OUNCE BAG
AT TRADER JOE'S



SkinnyPop Popcorn

Talk about filling! You can eat $2\frac{1}{2}$ cups of SkinnyPop Popcorn for 100 calories, and there are only three ingredients in the original formula. Other SkinnyPop recipes satisfy your cravings for spicy or sweet flavors with black pepper, white cheddar and naturally sweet seasonings. They're whole grain, non-GMO and gluten-free. Can't ask for more than that in a pre-made snack!

★ **per 100 calories:**
saturated fat <1 g, sodium
50 mg, carbs 10 g, sugar
0 g, fiber 2 g, protein <1 g

\$4
SKINNYPOP.COM





1 Slice Jarlsberg Lite + 1 Slice Trader Joe's Smoked Turkey Breast

Both found at Trader Joe's, this combination is super filling and protein rich. String cheese is often suggested for a high-protein, low-calorie snack, but this combo is tastier and more interesting. The Jarlsberg Lite cheese contains just 50 calories per slice, so it's easy to manage your portion size while still getting the cheesy flavor you seek.

***per slice Jarlsberg Lite:** saturated fat 1.5 g, sodium 100 mg, carbs 0 g, sugar 0 g, fiber 0 g, protein 7 g

***per 2-ounce turkey:** saturated fat 0 g, sodium 440 mg, carbs 1 g, sugar 1 g, fiber 0 g, protein 11 g



Wholly Guacamole Minis

This all-natural product resembles what you could make at home, containing avocados, onions, garlic powder, salt, vinegar and jalapeno peppers. The 100-calorie snack makes a great grab-and-go choice for a delicious, creamy treat with all the nutrition benefits of avocado.

***per 100 calories:** saturated fat 1.5 g, cholesterol 0 mg, sodium 200 mg, carbs 5 g, sugar 0 g, fiber 3 g, protein 1 g

\$11.75
FOR A PACKAGE OF 20
AT COSTCO



Chobani Simply 100 Greek Yogurt

Chobani has done a great job creating a lower-calorie yogurt without resorting to artificial sweeteners or fake colors. Each cute little cup has 12 grams of protein — very filling! The product is a great choice for a high-protein snack without a lot of sugar. (It's sweetened with a blend of stevia, monk fruit and evaporated cane juice.)

***per 100 calories:** saturated fat 0 g, sodium 65 mg, carbs 14 g, sugar 7 g, fiber 5 g, protein 12 g

\$1
CHOBANI.COM



TWO
HONORABLE
MENTIONS

Fiber One 90 Calorie Brownies & Corazona Mini Oatmeal Squares

These two items are much more processed than a bar you would make at home. However, sometimes you want a sweet treat, and both these products are portion controlled. Plus, they both contain fiber, so they are more filling than your average grocery store cereal bar. The brownie is satisfying yet not so sweet that it'll make you go on a pastry-eating binge. The mini oatmeal squares come in a few yummy flavors. They're fine choices to take with you when you're out and about so you'll be able to avoid higher-calorie temptations.

***per 90-calorie brownie:** saturated fat 1.5 g, sodium 90 mg, carbs 17 g, sugar 5 g, fiber 5 g, protein 1 g
***per 100-calorie oatmeal square:** saturated fat 0 g, sodium 60 mg, carbs 14 g, sugar 7 g, fiber 3 g, protein 3 g

\$4.30
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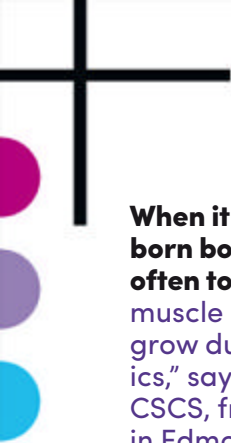
\$14
FOR 20 MINI OATMEAL SQUARES
CORAZONAS.COM



\$4
PER PACK
AT TRADER JOE'S

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AT TRADER JOE'S





When it comes to stubborn bodyparts, calves often top the list. “The calf muscle can be difficult to grow due a lot to genetics,” says Dean Somerset, CSCS, from World Health in Edmonton, Alberta, Canada. “Some people are born with well-built calves, but others have to scratch and claw for any noticeable difference.” Fortunately, your calves are about to receive the wake-up call they’ve been waiting for with German volume training.

GVT, also called the “10 sets method,” was first established in the mid-1970s by German weightlifting coach Rolf Feser. Here’s the gist: By using a heavy weight and doing 10 consecutive sets with very little rest in between, a group of motor units gets repeatedly taxed. As a result, the targeted muscle develops an improved work capacity, making it more resistant to fatigue while growing larger in size. Feser developed the approach for off-season athletes hoping to build muscle while also burning fat. “You’ll have thicker, stronger and more defined calves due to the level of force production and muscle damage that has taken place during the cycle,” Somerset says. Once the muscles repair and rebuild, the result will be big-time growth. So *achtung* calves — you’re about to get schooled!

the POWER OF 10

CARVE OUT CHISELED CALVES WITH GERMAN VOLUME TRAINING.





BY SHANNON CLARK



PHOTOGRAPHY BY ROBERT REIFF

The Plan

The first move in each of these workouts is your GVT set. Choose a heavy weight and perform 10 sets of 10 reps each, resting 30 to 60 seconds between sets. Use a tempo of three seconds to lift and two seconds to lower, and by rep 10 of each set, you should be close to failure. To round out your workout, do two supplementary exercises to hit the calf muscle from slightly different angles, ensuring optimal training stress on the muscle while achieving full fatigue.

You can do each of these workouts once a week, leaving at least one to two full days of rest in between to fully recover. Stick with the program for three to four weeks, then return to your normal program for five to six weeks; repeat as necessary. Because this technique is so intense, you should only use it over the short term as a way to shock your muscles, according to Somerset.

WORKOUT 1

exercise	sets	reps	rest
STANDING BARBELL CALF RAISE	10	10	30 seconds
ONE-LEGGED DUMBBELL CALF RAISE	3	10	60 seconds
RESISTANCE BAND CALF EXTENSION	3	10	60 seconds

WORKOUT 2

exercise	sets	reps	rest
SEATED DUMBBELL CALF RAISE	10	10	30 seconds
STANDING RESISTANCE BAND CALF RAISE	3	10	60 seconds
WALKING "A" SKIP	3	15 each leg	60 seconds

>>> WORKOUT 1



STANDING BARBELL CALF RAISE

● **setup:** Stand with your feet hip-width apart and hold a barbell across your traps.

● **move:** Keeping your core tight and your knees straight but soft, rise up onto your toes and pause briefly before lowering back down to complete the rep.

● **tip:** Look straight ahead or slightly above parallel to prevent a forward lean with the upper body.

NOTE: To make this exercise more challenging, stand directly on top of a platform or box and position the heels just off the edge.



ONE-LEGGED DUMBBELL CALF RAISE

● **setup:** Stand on top of a low box or platform with your heels hanging off the edge. Hold a dumbbell in one hand and place your other hand lightly on a stable object or wall. Shift your weight to the dumbbell-side leg and lift the other foot off the box, bending your knee to bring it behind you. Then sink as low as you can into your working heel.

● **move:** Press up through your toes and rise up as high as you can, contracting your calf hard at the top, then slowly lower to the start. Do all reps on one side before switching.

● **tip:** Bend your working knee slightly to prevent joint strain, and contract your abs to keep yourself stable.



RESISTANCE BAND CALF EXTENSION

● **setup:** Sit on the floor with your legs straight and back upright, and loop a resistance band across the upper portion of one foot. Bend your other knee and open it to the side so the sole of your shoe rests against the inside of your other knee. Hold the ends of the resistance band with both hands to create tension, elbows tucked into your sides.

● **move:** Flex your quad, then point your toes as far as you can. Pause and then slowly return to the start. Complete all reps on one side before switching.

● **tip:** Don't let your leg roll inward or outward; keep your toes pointed toward the ceiling for the best activation.

WORKOUT 2 <<<



THE WORLD'S GREATEST CALF STRETCH

The intensity of German volume training means your calves will be on fire. Use this stretch to quell the flames burning in the soleus and gastrocnemius muscles that make up your calves:

Stand a few feet in front of a wall and place your hands flat against it at about chest height. Step one foot forward and press your back heel toward the floor with your knee straight to stretch the gastrocnemius. Lean forward to intensify the stretch and hold for a count of 10. Then bend your knee and continue to press your heel downward for a count of 10 to stretch the soleus. Repeat three times, then switch sides.

SEATED DUMBBELL CALF RAISE

● **setup:** Sit on the edge of a flat bench and hold a set of dumbbells vertically on top of your thighs by your knees. Pull your feet underneath you a bit so you're on the balls of your feet.

● **move:** Keeping your back straight, rise up onto your toes and press your knees up as high as possible. Pause in this top position and squeeze before lowering to the start.

● **tip:** The closer the weights are to your hips, the easier the move; the closer they are to your knees, the harder it becomes.



STANDING RESISTANCE BAND CALF RAISE

● **setup:** Stand in the center of a resistance band with your toes forward and hold the ends of the band just above your shoulders (as if doing a shoulder press). Keep your back straight and your focus forward.

● **move:** Rise up onto your toes as high as possible while holding the band steady at your shoulders. Pause at the top and then lower down to complete the rep.

● **tip:** Use a thicker band to make the move more challenging. You also can try this move with your toes turned out to hit the calves in a different way.



WALKING "A" SKIP

● **setup:** Stand with a barbell across your upper back and traps, with your focus forward and your abs tight.

● **move:** Quickly drive one knee forward and upward to hip height as you rise up onto the toes of the supporting leg. Lower down, replace your leg and continue, alternating sides.

● **tip:** Use the momentum of your driving knee to help you rise up and even leave the ground a few inches, and make the movement fluid, dynamic and continuous. ○



the
busy
girl's
guide to
SUNDAY
food prep

If you think healthy eating is hard work, think again!
Turn five key ingredients into 23 meals!

*** BY ALLISON YOUNG ***



*** YOU GET HOME FROM WORK, OPEN THE FRIDGE, WONDER, WHAT THE HECK AM I GOING TO EAT?** and then cave to a protein bar or (gasp!) takeout. Sound familiar? Yet what if we told you that prepping five foods (only five!) can set you up for a week of healthy eating? Whip 'em up on Sunday in less time than it takes to watch the latest *Game of Thrones* episode, and *voilà* — a week of totally delish breakfast, lunch and dinner options at your fingertips. “This is vital to keeping your health goals on track and keeping your sanity with a busy schedule,” says McKel Hill, MS, RD, creator of Nutrition Stripped (nutritionstripped.com). The payoff: You’ll save a ton of money and time in the kitchen and always have healthy food on hand to power through your workouts and your workweek. And it’s way easier than you think!



HANDS-ON TIME: 3 MINUTES
TOTAL TIME: 18 MINUTES

COOK QUINOA

Small but mighty, this grain-like seed is a no-brainer way to add protein, fiber and texture to soup, chili and salads — it can even be baked into bars and quick breads. “One cup of cooked quinoa has 220 calories, 5 grams of fiber and 8 grams of protein, so it’s a good bang for your buck,” says Katie Ferraro, RD, MPH, an assistant clinical professor of nutrition at the University of California, San Francisco. Plus, it gives you almost 40 percent of your daily needs for magnesium, a mineral linked to less stress and better sleep.

Prep it (1-2 cups dry quinoa):

The rice cooker makes cooking quinoa easy peasy. Rinse quinoa, combine in your rice cooker with 2 parts water, press button and presto! Once cooked, fluff with a fork. Store covered in the fridge for up to five days or freeze.

Eat it!

- * Quinoa Breakfast Bowl** Quinoa + almond milk + blueberries + slivered almonds + cinnamon
- * Quinoa Parfait** Quinoa mixed with Greek yogurt layered with diced green apple + raisins
- * Quinoa Tabbouleh** Quinoa + diced cucumber + fresh parsley + olive oil + lemon juice
- * Quinoa Moroccan Salad** Quinoa + cooked chickpeas + grated carrots + toasted pine nuts + vinaigrette
- * Quinoa Bowl** Quinoa + grated beets + cubed cooked chicken or salmon + sunflower seeds + favorite sauce



HANDS-ON TIME: 5 MINUTES
TOTAL TIME: 17 MINUTES

COOK SPAGHETTI SQUASH

Move over pasta! Spaghetti squash delivers the same noodle-like texture and comfort-food fix for only 42 calories a cup (compared to pasta’s 174). “It’s a great replacement for pasta for those looking to easily fill up on a lower-calorie, lower-carbohydrate food, and it’s a fun way to eat your vegetables,” Hill says. Use it in place of noodles in pasta dishes, stir-fries, pad Thai and casseroles.

Prep it (1-2 spaghetti squash):

Pierce with a fork several times. Microwave on high 10 to 12 minutes, rotating every three minutes (or pierce and bake at 375 degrees for an hour, turning every 20 minutes). Let cool, cut in half lengthwise, discard seeds and scrape out noodle-like strands with a fork. Store covered in the fridge for five days.

Eat it!

- * Spaghetti Squash Spaghetti** Spaghetti squash + tomato sauce + sliced chicken sausage
- * Pesto Spaghetti Squash** Spaghetti squash + grilled vegetables + pesto
- * Spaghetti Squash Thai Salad** Spaghetti squash + carrots + red bell pepper + cucumber + red onion + shredded chicken + fresh cilantro + peanuts + lime vinaigrette
- * Mexican Spaghetti Squash** Bake spaghetti squash + cooked black beans + corn + salsa 30 minutes at 375 degrees





HANDS-ON TIME: 10 MINUTES
TOTAL TIME: 10 MINUTES

PREP KALE

There's a lot to love about this leafy green: It maintains its crunch hot or cold, it keeps cut up in the fridge for a whole week without wilting, and it jazzes up salads, soups, scrambles, sandwiches and even smoothies. "With 4 grams of fiber in just 50 calories, you get a ton of nutrients for minimal calories," Ferraro says. No joke: Kale has double the vitamin C of oranges, more calcium than milk and through-the-roof levels of bone-boosting vitamin K.

Prep It (1-2 bundles):

The easiest way to de-stem kale is to hold the stem and run your thumb and index finger down the center rib to strip the greens from the bitter stem. Submerge in a bowl of water with a sprinkle of salt and "massage" for a milder-tasting kale. Pat dry, stack leaves and thinly slice. Store in a resealable bag in the crisper for up to a week.

Eat it!

- ★ **Kale Smoothie** Blend together kale + coconut water + frozen pineapple + lemon juice
- ★ **Kale Scramble** Scramble 2 eggs + kale + onion
- ★ **Kale Quinoa Salad** Kale + quinoa + diced red bell pepper + halved grapes + sesame seeds + grated pecorino or Parmesan cheese + vinaigrette
- ★ **Kale Skillet Supper** Sauté kale + shallots + cooked white beans + canned diced tomatoes



HANDS-ON TIME: 1 MINUTE
TOTAL TIME: 35 MINUTES

ROAST CHICKEN SAUSAGE

Sausage gets a bum wrap (blame those fat-filled pork versions full of additives and sodium), yet all-natural, nitrate-free chicken sausage is full of flavor, not to mention muscle-building protein. "A little goes a long way," notes Ferraro, who says to look for sausages also stuffed with veggies. Add it to soups, stews, pizzas, frittatas, casseroles and tacos for a tasty upgrade.

Prep It (1-2 pounds):

Preheat oven to 425 degrees. Pierce sausage all over with a fork, place on a rimmed baking sheet and roast 30 to 35 minutes (until cooked through), turning periodically. Let cool and store covered in the fridge for up to five days.

Eat it!

- ★ **Breakfast Burrito** Scramble 2 eggs + sliced sausage + onion + bell pepper, spoon into a whole-wheat tortilla, roll and go!
- ★ **Sausage Sandwich** Layer sliced chicken sausage + poached egg + kale between a whole-wheat English muffin
- ★ **Warm Sausage Salad** Sauté sliced sausage + cooked lentils + green onions, serve over a bed of lettuce + halved cherry tomatoes
- ★ **Sausage and White Bean Soup** Sliced chicken sausage + cooked white beans + kale + low-sodium chicken broth, bring to a boil and simmer 10 minutes
- ★ **Mediterranean Skillet** Sauté sliced chicken sausage + spaghetti squash + sundried tomatoes + black olives + feta cheese



HANDS-ON TIME: 3 MINUTES
TOTAL TIME: 10 MINUTES

BLANCH BROCCOLI

There's a reason broccoli is the poster child of healthy eating: "It's high in B vitamins, vitamin K, fiber and glutathione, an antioxidant that helps our bodies detoxify," says Hill — plus it only weighs in at 31 calories per cup. Blanching it takes it from superfood to superingredient, making it the perfect addition to pizzas, frittatas, stir-fries and salads.

Prep It (1-2 crowns):

Cut broccoli florets into uniform pieces. Bring a large pot of water to a boil, boil broccoli two minutes, remove with a slotted spoon and immediately plunge into ice water. Drain and store in a resealable bag in the crisper for up to a week.

Eat it!

- ★ **Spicy Broccoli** Sauté broccoli, top with sesame seeds and Sriracha
- ★ **Broccoli Stir-Fry** Stir-fry broccoli + spaghetti squash + sliced chicken sausage + soy sauce
- ★ **Broccoli Quinoa Bowl** Top quinoa with broccoli + cooked chickpeas + avocado + pistachio pieces + tahini dressing
- ★ **Broccoli Salad** Broccoli + shelled cooked edamame + cashews + goddess dressing
- ★ **Roasted Broccoli** Toss broccoli with olive oil + lemon juice, spread on a baking sheet, sprinkle panko + Parmesan, broil five minutes



score a three*minute core



Add a stability ball to your plank training and work your core — and more!

As if planks weren't hard enough, here are three new moves to amp up your core training using a stability ball. The ball forces you to engage more muscles in order to balance on an unstable surface, which — when added to a plank move — means 360 degrees of muscular recruitment around your midsection. As a bonus, you also work your shoulders, chest, traps, glutes and hamstrings.



Feet on top

Place your hands on the floor shoulder-width apart and extend your legs behind you so your feet and ankles are on top of a stability ball. Find your balance, then lift your hips in line with your head and heels and hold for one minute.

make it harder: Lift one foot off the ball for 30 seconds, then the other for 30 seconds, or do shoulder touches, alternating hands slowly for one minute. Always keep your hips level when lifting an arm or leg!



Side-ball plank

Place one elbow on the ball underneath your shoulder and extend your legs away from you. Lift your hips in line with your head and heels and hold for 30 seconds each side.

make it harder: Reach your opposite arm and top leg into the air like a star, or flip yourself around so your feet are on the ball and your elbow or hand is on the floor.



By Lara McGlashan, CPT, Fitness Editor
Photography by Robert Reiff

MODEL: RACHELLE DEJEAN • LOCATION: GLOBAL FITNESS, GARDENA, CALIFORNIA • HAIR AND MAKEUP: NANCY JAMBAZIAN • CLOTHING: ELISABETTA ROCCIANI



Elbows up top

Place your elbows on a stability ball directly underneath your shoulders and clasp your hands together. Press your elbows down into the ball and spread your shoulder blades apart (i.e., don't sink between your shoulders). Extend your legs behind you and lift your hips so your head, hips and heels are in line. Hold and breathe for one minute.

make it harder: Roll the ball in small circles to the right for 10 reps, then to the left for 10 reps, alternating between the two for one minute. ●



your stronger-core plan Do these three moves all in a row to kill your core in less than five minutes, or infuse one of these moves into your ab training up to four days a week. Shoot for one to two reps of each if you're a newbie and two to four reps of each if you're more advanced.

MY MOM DIDN'T HAVE MANY OPTIONS. TODAY'S LUNG CANCER PATIENTS DO.

Twenty years ago, my mother was diagnosed with lung cancer. She had very few places to turn, and lost a difficult struggle.

Today, we are on the brink of real breakthroughs in lung cancer research and there are significantly improved treatment options.

Tony Goldwyn
Stand Up To Cancer
Ambassador

And yet, more than 30% of all lung cancer patients still don't know about the therapies, specialists, and clinical trials available to them.

Lung cancer is a formidable foe, but we are finding new ways to fight it. Please visit SU2C.org/LungCancer for questions to ask your health care professional and to learn about options that may be right for you.



Photo Credit: Kevin Lynch



Bristol-Myers Squibb



Stand Up To Cancer is a program of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.

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WORDS OF WISDOM FROM THOSE IN THE KNOW

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GREEN SWAP

"As soon as I changed what I was eating, I started losing 2 to 3 pounds a week."

— ALLISON MOORE
GAINS A NEW LOVE FOR
SALADS AFTER LOSING 78
POUNDS, PAGE 96



Five steps to a better workout

Fitness model and IFBB Figure pro Felicia Romero offers her best tips to get the most out of every sweat session. **By Carey Rossi**

➔ One look at her and it's obvious — Felicia Romero knows fitness. A decorated competitor with three top-five finishes at the Figure International and five pro Figure titles overall, including the 2011 IFBB California Pro Figure and the 2009 IFBB Border States Pro Figure, Romero has used that success to reach an ever-larger fan base through her personal training business and motivational speaking engagements.

She's also seen a lot of training, good, bad or otherwise, in her years in the gym. The 32-year-old out of Gilbert, Arizona, shares five key lessons for women chasing a stronger, leaner, more defined physique.

1) Overestimating your strength and endurance. Although more typically an error for guys, women can fall prey to it, as well, according to Romero. "Starting with heavy weights or too many reps in a workout can cause injury," she says. Beginners tend to get too eager and impatiently ramp up the poundage in their first few workouts.

"Building up strength and endurance takes time," she counsels. "And if that means you have to start by lifting 5- to 10-pound weights and performing just a few reps, then so be it.

Once you get used to that level of exercise, you can upgrade to heavier weights and more reps. You're doing this for yourself, so don't worry about anyone else in the gym and what they might think — the ones who know what they're doing and really get fitness would never judge you."

2) Lift weights first, then do cardio. Here's an error more often made by the ladies, although both sexes are susceptible to leaning on cardio when they're trying to lose weight. "As a fat-loss strategy, you should do cardio after you lift, not before," Romero instructs. "Lifting is all about improving the intensity of the stimulus to your muscles, which you can't do if you're exhausted from aerobic training."

On the other hand, cardio exercise is all about working hard, Romero says. "If your muscles are fatigued, you can still work hard, elevate your heart rate and burn a ton of calories," she adds. "In a nutshell: Lifting is performance based, conditioning is effort based."

3) Getting sloppy. Poor exercise form is, unfortunately, rampant at gyms. "It's much more effective to choose a lower level, speed or weight and perform the exercise properly than it is to go too fast or too heavy and use poor form and momentum," Romero says. "Lower the intensity to the point at which you can maintain good posture. An example of poor form would be leaning on the stair-stepper handrails or swinging the dumbbells by shifting your elbow back and forth during a biceps curl."

4) Resting too much. While it's true you don't want to overdo it, taking too much time in between exercises can decrease the training benefits and set you up for injury. "Allow for about 30 seconds between toning exercises — which is usually just enough time to move to the next station and set up," Romero says. "You should exercise intensely enough to work up a light sweat, get your heart beating and feel a sense of satisfaction for having completed your workout."

5) Waiting until you are thirsty to drink during your workout. Wait a second — isn't water good for you while training? The answer is yes. But the trick is drinking before your body sends you thirst signals. "At that point, you're already dehydrated," Romero points out. "Make it mandatory to drink fluids before, during and after your training sessions, staying one step ahead of your body's signals at all times." ●



HITTING HER STRIDE: Felicia leaves after a killer workout at her gym, Felicia Romero's Fit Method (top left). Felicia employs proper form in all her workouts, including bodyweight exercises such as squats or renegade rows (above).

PHOTOS BY CHARLYE NOEL

Lavoisier Health & Beauty

Advanced Breast Therapy

What Are People Saying About ABT?

After almost forty years in a "training bra," I have filled a B-cup in only 6 weeks... — LL

I had to cut back on the amount of [ABT] I was using because I got tired of buying larger bras. — MR

My girlfriend asked me if I had breast implants. I told her no, that I was using [ABT]. My breast are plumping up and coming out of my bras at the top. — PW

My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — EA

[I] have had a patient on [ABT] with amazing results! She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping ... [with] her breasts. [After 3-4 months of ABT] she has increased firmness [and] size... I AM AMAZED! - JS, Clinical Pharmacologist

I suffered from post child/weightloss boobs ... I am ordering round 2 of treatment and am completely satisfied as is my husband. It is nice to have firm/lifted breasts.... a great alternative to surgical breast enhancement! — SD, Personal Trainer

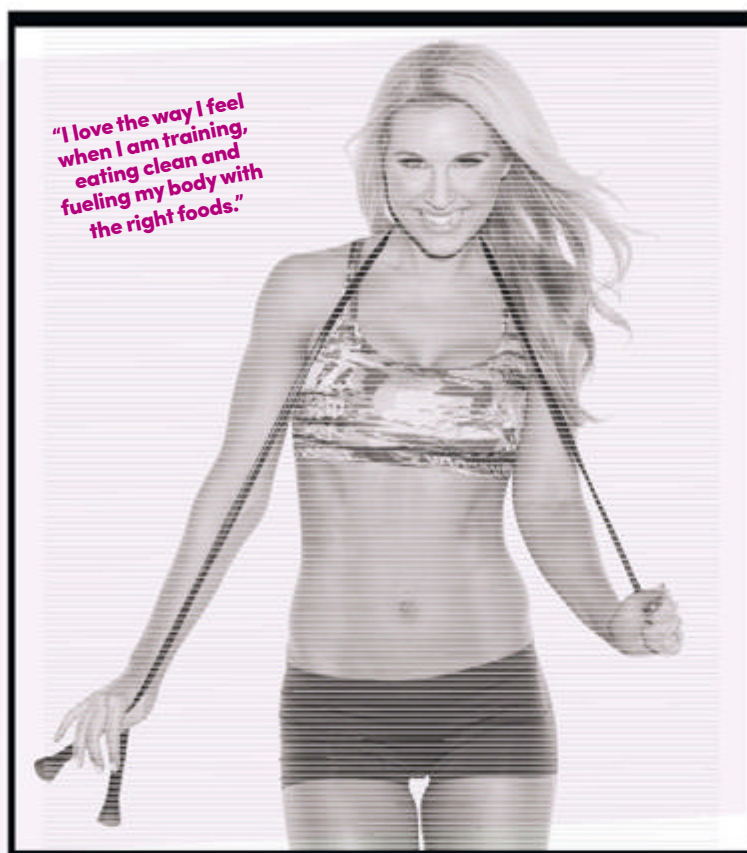
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A beautiful life

Meaghan Terzis makes good food choices for her own health and the wellness of her family, too. **By Maura Weber**

➔ For Meghan Terzis, motherhood was the start of a whole new approach to life. “I have always had a passion for fitness and health, but it wasn’t until the birth of my first child that I made the commitment to change my body and redefine what health and fitness mean to me,” she says. “I’m now the proud mother of two beautiful children: Evi, 6, and Jack, 3. I eat cleanly to maintain a healthy physique, to feel good and to instill healthy eating habits in my children.”

Terzis, a NovaForme-sponsored athlete, grew up in Auckland, New Zealand, and now resides in London, Ontario, Canada. In addition to working part time with her husband, Bill Terzis, in his dental practice, she’s a model and personal trainer who seeks to inspire and motivate others about how to live healthfully and find balance. “Eating clean is not a diet; it’s a lifestyle change. Like anything, it can be challenging at times,” she says. She recommends keeping a food journal, packing your lunch the night before and keeping your fridge stocked with washed, cut-up veggies. Her other tips include keeping healthy snacks on hand and never grocery shopping on an empty stomach.

In the gym, Terzis likes to try different things to keep it fresh. “I do a wide variety of workouts and activities from yoga, Pilates and weight training to group exercise classes,” she says. “I keep my body guessing so I never hit a plateau.”

Terzis knows the challenges of managing a family. “Life can be busy, so planning and preparation are keys to staying on track,” she says. “I pick a day to plan meals and cook for the week ahead, which is very beneficial to my overall success.”

MEAGHAN'S SAMPLE ONE-DAY MEAL PLAN

- ➔ **Breakfast:** egg-white omelet, ½ cup berries, 1 piece Ezekiel bread (toasted), green tea
- ➔ **Postworkout snack:** PhytoPro-V protein shake and an apple
- ➔ **Lunch:** A big salad with olive oil and balsamic dressing and sliced chicken breast
- ➔ **Snack:** sliced veggies, handful of almonds and a glass of CytoGreens
- ➔ **Dinner:** halibut, steamed veggies and sweet potato

MEAGHAN'S RECIPE FOR BANANA OAT CLUSTERS

- 1 cup oats
- 2 ripe bananas, mashed
- ½ teaspoon vanilla extract
- 1 scoop NovaForme PhytoPro-V vanilla protein powder
- 2 tablespoons dark chocolate chips

Mix all ingredients together. Drop a spoonful of mix at a time onto a lined cookie sheet. Preheat oven to 350 degrees and bake for 15 minutes.

How Meghan uses NovaForme products

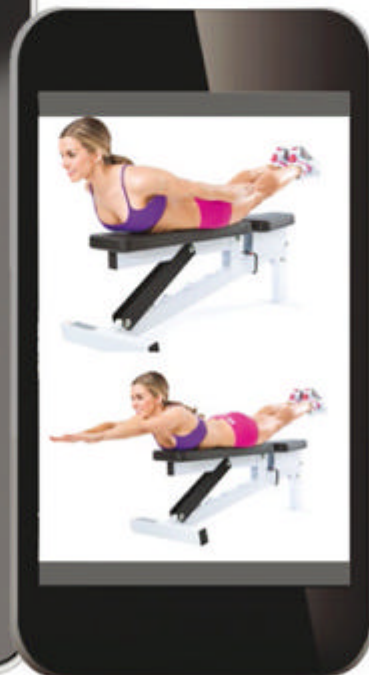
“**CytoGreens** by NovaForme is a highly dense, truly green formula that I can count on to replenish and detoxify my body, giving me exactly what I need to look and feel my best.”

“NovaForme’s **PhytoPro-V** is a pure, natural and organic protein. Free of common protein allergens, such as dairy, soy and wheat, it’s easy to digest, so I know my body can absorb all the benefits.”



PHOTO BY DAVID LAUS

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Fresh, green spring eating

Get energized for outdoor workouts with the season's delicious bounty. **By Tosca Reno**

➔ It's great to revel in peeling off heavy winter layers, feel the spring breeze on our skin, and refresh ourselves with re-energized workouts and re-imagined clean meals. Nothing foretells of spring's cleansing work more than the bright green shoots, sprouts, stems and delicate leaves of the season's early offerings emerging from the now-warming earth. Nothing foretells of glowing summer skin more than a fat-burning workout designed to maximize the calorie burn and minimize girth.

Train outdoors, boost your mood

Rework your workouts by moving them outside. Even in sub-zero temps, I have been known to move my gym outdoors. I think my body requires the exposure to light and air, and those colder workouts must burn up more energy as my body tries to keep warm. The minute the snow melts in my neighborhood, I take my equipment and my workout outside. Wear lighter layers, grab your speed rope, trampoline, flat bench and dumbbells, and put yourself through the paces in the fresh air.

What does outdoor space contribute that a gym can't? Exercising outdoors is a reinforcing behavior, meaning you are more likely to commit to training if you do it outside. I get that. I love the fresh air, sunlight, scenery and open space, all of which conspire to give me a better burn while I sweat. The combination of 20 minutes of fresh air and exercise reinvigorates you in the same way a cup of coffee would, according to a 2010 study from the University of Rochester in New York.

Taking your sweat session outdoors automatically exposes you to vitamin D. In an interesting twist, overweight folks usually have diminished levels of vitamin D anyway. According to the Mayo Clinic, seasonal affective disorder symptoms can start in the late fall and continue into the winter months, stealing your energy and making you feel moody. The treatment is light exposure, and what better light than the sun? Let your skin drink up vitamin D while you train.

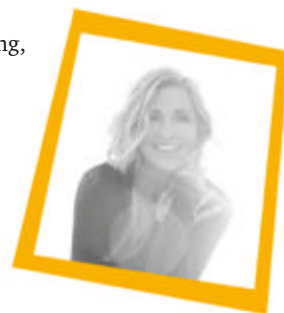
Eat clean with fresh spring food

Our physical environment does matter! When that environment also yields a bounty of spring foods, there's no question of its value. The farmers market on a nearby road finally opens its doors after a long hibernation, and I am its first customer, impatiently waiting for baby potatoes, asparagus, garlic scapes, peas, crisp lettuces, early onions and herbs. After a long winter of root vegetables, I embrace the delicate greens that herald spring. The added bonus is, they're clean!

Back in my kitchen, it's time to create a spring-themed, light, delicious meal filled with my bounty. Clam chowder is the perfect meal to showcase these early spring finds. The comforting warmth of the chowder will take the edge off a chilly spring day, while the bounty of greens amps up the nutritional factor. Eating clean is eating green. The bonus is, spring fare requires little cooking.

Remember, I am always listening,

Tosca Reno



TOSCA RENO PHOTO BY PETER LUEDERS

“Clam chowder is the perfect meal to showcase these early spring finds. The comforting warmth of the chowder will take the edge off a chilly spring day, while the bounty of greens amps up the nutritional factor.”

SPRING BOUNTY CLAM CHOWDER [BY TOSCA RENO]

Ingredients:

- 3 pounds littleneck clams + water to cover
- 4 slices grass-fed bacon, cut in half
- 1 cup new or baby potatoes cut in half
- 1 large onion, peeled and chopped
- 3 stalks celery + leaves, chopped
- 5 garlic scapes, minced
- ¼ cup white wine
- handful fresh thyme (yield 3-4 sprigs)
- 1 bay leaf
- ½ cup whole milk + ½ cup water
- 1 cup baby peas
- 1 cup chopped asparagus (about 5 stalks, trimmed)
- unrefined sea salt
- celery greens and parsley, coarsely chopped for garnish + handful microgreens

Method:

1. Set large colander over large prep bowl in the sink. In large Dutch oven, bring 2 cups water to a boil, then add clams. Set lid on pot so it allows steam to escape. Let clams steam for two minutes.
2. Once the clams are open, pour contents of pan into colander. Collect the clams in the colander and the cooking water in prep bowl. You need 3 cups of clam liquid. Add water or remove liquid as needed to make 3 cups.
3. In the same Dutch oven, cook bacon. When it's done, set aside on paper-towel-lined plate. Reserve 2 tablespoons bacon fat and discard the rest.
4. Scrub baby potatoes, leaving skin on. Cut larger ones in half. Sauté onions, celery and potatoes in Dutch oven with reserved bacon fat. Add garlic scapes to vegetable mixture. Sauté until fragrant. Add white wine

and cook to evaporate. Add thyme and bay leaf. Once the vegetables are tender, about five to 10 minutes, add reserved clam liquid, milk and water. Heat through for another five minutes.

5. Remove half the mixture and place in food processor. Pulse until smooth.
6. Return to Dutch oven with remaining chowder and heat through for about 20 minutes. Add clams in shells, bacon, peas and chopped asparagus. Heat for a few minutes, but don't let boil. You will know your chowder is ready when the peas and asparagus have turned bright green.
7. Remove from heat. Divide clams between 4 bowls and ladle hot chowder over clams. Top with celery greens, parsley and microgreens.

Nutrition facts (per serving): calories 374, carbs 28 g, protein 10 g, fat 24 g, fiber 5.5 g

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Big results

By simply changing her diet, Allison Moore lost 78 pounds in less than a year. Here's how she did it. **By Lara McGlashan, CPT, Fitness Editor**

FACTS

Name:
Allison Moore

Hometown:
Bancroft,
Ontario, Canada

Age: 31

Height: 5'6"

Old weight:
280 lb

Occupation:
Land Division
secretary

**Fave bodyparts
to train:**
"Arms, shoulders
and back — gotta
look good in my
wedding dress!"

CURRENT WEIGHT
202 lb

➔ Allison Moore fell into a common trap: She worked out at the gym for two years and played left defense in a women's hockey league once a week — and never lost a pound. "Diet had everything to do with it," Moore says. "I was training without changing my diet and didn't lose any weight or clothing sizes."

Her vices included chocolate, pasta, soda and whisky, and most of her meals were fast food. "Eating was a coping mechanism for me, and to date, I am still an emotional eater," she says. "I knew what I was eating was bad for me but didn't realize how bad until I started learning more."

Moore signed up for the app MyFitnessPal and started setting small, achievable goals with her nutrition, such as swapping out bowls of pasta for spaghetti squash and eating large, healthy salads. "As soon as I changed what I was eating, I was losing 2 to 3 pounds a week," she says. Moore also kept up with her training, taking Zumba and cycling classes at the YMCA, and before she knew it, she had dropped 10 pounds. "After that initial

10 pounds was off, I realized all it took was some determination, and before I knew it, I was down another 10," she says.

Moore also had an amazing support system. "I have the best family and friends in the world who support me, and even if they don't want to hear about me going to the gym, they pretend they do and seem interested," she says. "Every time I would lose 10 pounds, I made sure to tell people about it, like my mom, and that helped to motivate me."

As she dropped her weight, she became more active, and in 2014, she participated in the Run or Dye 5K color run with seven of her girlfriends. "I wasn't the fastest one in our group, but I did complete it on a really hot day in August," she says. "It was a proud moment for me."

Eleven months later, Moore has dropped 78 pounds and says she now keeps up with her nephews, powers easily through a 45-minute cycling class and is a wicked force on the ice. "My next goal in my new, fit life is to lose another 20 pounds before my wedding in October." ●

“After that initial 10 pounds was off, I realized all it took was some determination.”





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Making it happen

Kristin Griffin took it *Step by Step*, told herself *You Got It (The Right Stuff)* and is now saying *Didn't I (Blow Your Mind)*!

By Lara McGlashan, CPT, Fitness Editor

FACTS

Name:
Kristin Griffin

Hometown:
Norwalk,
Connecticut

Age: 31

Height: 5'0"

Old weight:
205 lb

Occupation:
Manager/waitress

**Fave bodyparts
to train:**
"Legs. It's actually
my favorite and most
hated day!"

CURRENT WEIGHT
131 lb

➔ In case you didn't guess from the oh-so-subtle slug line above, in 2012 Kristin Griffin won a free cruise with New Kids on the Block, one of her all-time childhood celebrity crushes. "I went home that night and posted a photo of myself online with Donnie Wahlberg, who had been there when I won the prize," she says. "That's when I realized how heavy I was. Then I realized I was going to be on a boat in a bikini around these celebrities and knew I had to make a change."

Griffin's weight gain was 28 years in the making, and though she never officially considered herself "overweight," she would also never claim she was in shape. "I never felt I had time to exercise or to sit down and make a meal," she admits. "Besides, one salad costs \$5, and with that same money, I could get five things from the dollar menu. I thought it was easier and more affordable to get fast food than it was to eat healthy or worry about cooking."

But with New Kids on the brain, Griffin joined a gym where she signed up for small group training with two friends. She also began eating healthy foods and cut out the junk. "I needed to learn that

food was a source of strength and not a coping mechanism to soothe me when I was sad, angry, depressed or whatever," she says. "I also had to learn that I didn't have to finish everything on my plate — that food would be there again later and I could stop when I was full."

She kept herself motivated by making small goals along the way, such as losing a certain amount of weight in four weeks and running a 5K. She chipped away at years of neglect, and by the time of the cruise, she was 58 pounds lighter and wore her bikini with pride.

But ... she wanted more.

"When I got back, I decided to do a fitness competition," she says. In 2013 she entered the WBFF Boston Championships as a bikini competitor and enjoyed the experience so much that she repeated the show again in 2014, this time in figure. "I didn't place in either show, but I was still a winner in both," she says. "It wasn't about placing or getting a pro card — it was about my journey. It was about getting to the stage and realizing that I had completely changed my life. It's your life and you only get one — it's never too late to start!" ●



“It's your life and you only get one — it's never too late to start!”





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Lindsey Waters
IFBB Bikini Pro

Photography by Holly Pechter



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STATS: 26 • 135 LB • 5'7"



STATS: 23 • 128 LB • 5'5"

● **DETERMINED START:** When Laura Horne was 12, she was diagnosed with epilepsy. "It was one of the biggest curveballs of my life," she says. "I went through treatment after treatment but never seemed to get the results I wanted." Her frustration led to determination to change her life on her own. "For me, the gym is more than just a place to work out," Horne says. "It's a sanctuary. The gym helped me overcome my difficulties. I was able to channel all my energy and passion into achieving my goal to be healthier and seizure-free."

● **POWER OF POSITIVITY:** Today, Horne is a personal trainer with upbeat advice: "Surround yourself with positive people who keep you motivated and focused." She also advises clients to avoid diet fads. "Don't start a diet that has an expiration date," she says. "Focus on a lifestyle that will last forever." Horne says she allows herself one cheat meal a week. Her role model is bikini competitor Amber Dawn Orton because she likes Orton's honesty. "She tells the real side of the battles you go through with weight loss," she says.

● **DON'T GIVE UP:** "I imagine myself where I want to be and keep pushing to get through the last reps," Horne says. She credits her family for their help. "My parents have been the most supportive throughout my fitness journey," she says. Now she wants to return the favor and motivate others. "My plan for my future is to inspire people to live a healthier life."

● **A PUSH FROM MOM:** Na'lyma Thompson remembers a time in her childhood when her mother would go running and Na'lyma and her sister would ride bikes alongside. Later, her mother taught her to lift and how to push through the pain. "She taught me how not to cry when it hurts and to keep going," Thompson says. Once Thompson got on the fitness path, she hasn't looked back. "I love lifting weights because every day is a challenge."

● **EARLY BIRD:** Thompson enjoys healthy mornings. "I absolutely love my oats for breakfast," she says. "I usually work out in the morning, which gets my body energized. As a result, I'm very optimistic for the rest of the day." She exercises five days a week, including weight training Monday through Friday and HIIT cardio mixed with cycling classes. Her favorite exercise is bar squats, and for relaxation, she relies on yoga. She also loves getting outside on a bicycle. "Cycling is so enjoyable outdoors," she says.

● **GLOBAL DREAMS:** "I love to travel," Thompson says. "In 2010, I lived in Israel for six months, and I also studied abroad in France, which allowed me to visit Paris as well as London and Rome." In addition, she has been to Mexico and Colombia. "I love culture, languages and people," she says. "My dream is to become an IFBB Bikini pro and fitness model and to travel the world! Being optimistic keeps me motivated."

↑
LAURA HORNE
Fleming Island, Florida
Gig: Personal Trainer

↑
NA'IYMA THOMPSON
Ruskin, Florida
Gig: Cocktail Server



Think you have the fit factor?

Meet 4 women who've got the fit factor

By Maura Weber

PHOTO BY MICHAEL TAYLOR



STATS: 28 • 142 LB • 5'8"

● **IOWA BORN:** Riley Marx lives in Okinawa, Japan, where she works as a Military Working Dog Trainer for the U.S. Air Force. She's originally from Cedar Rapids, Iowa, and the list of sports she participated in during her Midwestern childhood is long — it includes swimming, volleyball, track, softball and golf. She always knew she wanted to join the military, so at 15, she signed up in the Delayed Entry Program and then joined as soon as she graduated high school. In her 10 years with the Air Force, she has had a variety of jobs and lived in three different countries while always making fitness a priority. "There are a lot of military bases on Okinawa, and some of them have pretty awesome gyms," she says.

● **NINE-DAY SPLIT:** Marx started weight training for track, and these days she follows a nine-day split consisting of two days on, one off. "I hit back and biceps on Day One, legs/triceps/abs on Day Two and then rest a day," she says. "I come back on Day Four with chest/shoulders, Day Five is back/abs/calves and Day Six is rest. Day Seven is legs, then Day Eight is traps/abs/calves and Day Nine is rest." Plus, she enjoys stationary cycling and stair stepping for cardio.

● **FAMILY BACKING:** "My mom is a huge supporter," Marx says. "Family is very important to me." Wedding bells are in her future — she's engaged to Adam Burns, whom she calls "my biggest supporter and best friend."

RILEY MARX

Okinawa, Japan

Gig: Military Working Dog Trainer

PHOTO BY CASEY WITHERS



STATS: 35 • 120 LB • 5'6"

● **CALIFORNIA TRAINING:** Kelly Yonston has been running her whole life but kicked it up a notch, fitnesswise, after moving. "I definitely brought it to a new level when I moved to California 10 years ago," she says. "Instead of just running, I got into biking, surfing, kick-boxing, boot camps, volleyball, tennis and my new favorite, weightlifting!"

● **MYSTERY PAIN:** In 2007, Yonston began experiencing debilitating pain. For several years, she went to specialist after specialist without finding relief. She was told she would never run again and shouldn't lift any heavy weights. "I felt a part of my identity ripped away from me," she says. Finally, she was diagnosed with ankylosing spondylitis, an autoimmune disorder that can be controlled with medication. "I now have the ankylosing under control, and weight training has been a huge help in my recovery," she says. "I don't need much motivation to work out. I went through years of praying to be able to, so I'm not going to waste my time now!"

● **POSITIVE INFLUENCES:** Yonston makes movement a part of her daily life. "My husband, Shane, and many of my friends are very active, so a lot of time we spend together is fitness oriented," she says. "Shane supports me in all my goals." She credits her trainer, Anthony Farmer, with being a big part of her trip to health. "I think having a mentor/teacher is very empowering, especially when dealing with chronic pain."

KELLY YONSTON

San Diego

Gig: School Psychologist

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Help my body

Research shows that a new form of the supplement HMB — BetaTOR — provides impressive benefits.

By Adam Gonzalez

➔ HMB isn't the most memorable acronym you've ever encountered, but it's a heck of a lot easier to remember than its full name: beta-hydroxy-beta-methylbutyric acid — and that's the version translated into English, removing the Greek. But Oxygen has a better way for you to remember the name of this supplement: help my body. HMB is an anabolic metabolite of leucine, an amino acid that is the most important of the branched-chain amino acids. Multiple studies demonstrate HMB's benefits for improving body-fat composition, boosting performance and encouraging recovery.

Now Metabolic Technologies Inc. has developed a new form of HMB called BetaTOR that is faster acting and more effective. HMB occurs naturally in high-protein foods such as beef, chicken and soybeans, but it comes with calcium attached. MTT's innovation removes this calcium component to give you a superior delivery form for even better results. Here's what you can expect when you take full advantage of BetaTOR supplementation:

* Get more muscle while losing fat.

Women seeking to shift their body composition by reducing fat deposits while increasing lean muscle tissue should consider supplementing with BetaTOR. HMB and leucine have long shown by research to provide both these benefits. But studies performed with subjects supplementing with BetaTOR show significant gains in lean tissue while reducing body fat. In fact, over a 12-week study, subjects who supplemented with BetaTOR while following a similar training protocol lost more than 200 percent more fat while gaining more than 250 percent more lean muscle tissue.

The take-away for women: Long-term BetaTOR supplementation will help create a tighter figure with additional pleasing lean tissue.

* Improve your performance.

One of the limiting factors in your training is muscular energy. BetaTOR delivers the crucial metabolites of leucine to working muscle tissue, spurring better results during aerobic and anaerobic exercise. A recent study conducted with women performing cardio exercise while supplementing with BetaTOR showed superior results. These athletes had an increased oxygen uptake and ventilatory threshold when performing high-intensity

interval training compared to those who performed the same aerobic exercise without BetaTOR supplementation. Other research shows that the supplement also increases strength by more than 200 percent compared to a placebo. Subjects followed a one-rep-max protocol over 12 weeks. BetaTOR also boosts your power — your ability to perform movements such as vertical jumps. Supplementation in subjects showed more than a 50 percent increase in power compared to those training without BetaTOR.

The take-away for women:

Supplementing with BetaTOR will improve your athleticism, regardless of your activity, by enhancing cardiovascular performance, strength and power.

* Enhance your recovery and growth.

One of the least understood aspects of athletic advancement is the rate at which you recover from your most intense workouts. While there's satisfaction in the soreness you feel a day or two after a great workout, that isn't the best indicator of growth. Supplementing with BetaTOR will help you reduce this soreness and recover more quickly, allowing you to perform at your peak the next time you train. Research shows that BetaTOR reduces the rise in unwanted byproducts from intense exercise compared to those taking a placebo. In addition, those who supplemented with BetaTOR reported a significantly lower level of soreness after exercise compared to the placebo group.

The take-away for women:

BetaTOR decreases muscle protein breakdown and enhances muscle protein synthesis, helping you recover and grow more quickly. And you won't feel as sore.

* Get better, get BetaTOR.

Whether you want to improve your athletic performance or physique, supplementing with BetaTOR is a crucial step in accelerating these achievements. To get the most from BetaTOR, you should get in 1,000 milligrams three times a day. For optimal results, you should take one of these doses about 30 minutes before your workout — and if you're on a two-a-day split, then a dose before each of these. Other good times of day to take this version of HMB are in the morning, midafternoon or evening. The best way to get in this daily dose of BetaTOR is to supplement with MuscleTech's Clear Muscle, where it's exclusively available. ●

product talk



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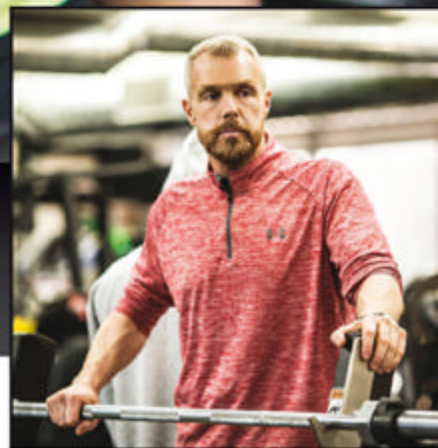
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